Adaptive Recreation Opportunities

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. ARO offers healthy and fun experiences through the following three basic service areas:

Inclusion

The City of Fort Collins welcomes individuals of all abilities to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations that you may need when you register. Note: Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

Transition

Offers assistance in making your recreation and leisure choices while helping you be as independent as possible. A therapeutic recreation professional helps you develop your personal Passport to Recreation profile and discusses your needs, strengths, and interests.

Specialized

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. Specialized Programs are identified in the Recreator by the symbol and most are partially discountable. Alternative Programs are Specialized Programs designed for adults with intellectual disabilities, focused on community activities and social outings, and include monthly dances, outings, cooking, bowling, trips, and more.

Attendants

There is no fee for personal care attendants providing needed assistance unless otherwise noted. Attendants may need to register separately and note whom they will be assisting.

Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. Contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Contact Information

For additional information about ARO programs, visit fcgov.com/aro or contact the ARO staff.

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Alison Cope, OTR, acope@frii.com
ARO Interns, 970.224.6034, 970.221.6330, aro@fcgov.com

Transportation

Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

Transfort (Public City Transport) 970.221.6620
Dial-A-Ride 970.224.6066
SAINT 970.223.8645

Community Programs

Best Buddies

The Best Buddies program at Colorado State University matches student volunteers with members of the community who have disabilities in one-to-one friendships.

colostatebestbuddies.webs.com; facebook.com/CSUbestbuddies

Dance Express

Modern dance training and performance opportunities for people with and without disabilities.

970.493.2113; danceexpress@juno.com

Front Range Exceptional Equestrians (F.R.E.E.)

Therapeutic horseback riding program.

970.221.0646; ridewithfree.com

CSU Adaptive Swim

The Student Leadership, Involvement and Community Engagement (SLiCE) Office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.

970.491.2321; specialneedsswim@gmail.com

Special Olympics

Contact the following coordinators or coaches for season information or to volunteer:

Adult and Youth Unified Soccer: Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com

Adult Track and Field: Lois Douthit, 970.493.6395;
Youth: Patsy Kutchar, 970.377.0036

Aquatics

ARO Private & Semi- Private Swim Lessons

A certified Water Safety Instructor with specialized training in adaptive techniques for persons with disabilities will work 1:1 with you to meet your swimming goals. Fees are based on a 30-minute session. To register and schedule, contact Becca Heinze, 970.224.6125, bheinze@fcgov.com.

MS Aqua

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff provide exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility. Note: Fee provides a 16 visit pass. Please bring an attendant for assistance with personal care, if needed.

Age: 18 years & up
Location: Mulberry Pool

3/22–5/26 Tu, Th 9:30–10:30 AM $43 per 16 visit pass

Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on individual goals. Attendants are welcome for personal assistance in/out of the water. Note: Registration deadline is one week prior to class start.

Age: 3 years & up
Location: Edora Pool Ice Center

3/22–4/26 Tu 4:15–4:45 PM $40 202326-01

3/22–4/26 Tu 4:55–5:25 PM $40 202326-02

3/22–4/26 Tu 5:35–6:05 PM $40 202326-03

3/24–4/28 Th 4:55–5:25 PM $40 202326-04

3/24–4/28 Th 5:35–6:05 PM $40 202326-05

Arts & Crafts

Artistic Abilities Art

Learn techniques with a variety of materials to create unique pieces of 3-D art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. Note: For questions, contact Alison Cope, acope@frii.com.

Age: 13 years & up
Location: Colorado State University, Visual Arts Building, Room D102

3/22–4/19 Tu 4:00–6:00 PM $35 202990-01

Early Learning

Giant Friends Club

Play at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. This month’s theme is “Colorful Colorado” and features exciting activities, entertainment, and more for a gigantic good time.

Age: All
Location: Inspiration Playground

4/8 F 10:30 AM–12:30 PM No Fee

Movement, Sensory, & Play

Develop skills surrounding gross motor movement and spatial awareness in a fun and welcoming environment. Note: Class will not be held on 3/18.

Age: 2–5 years
Location: Northside Aztlan Center

3/4–4/1 F 4:00–4:45 PM $18 202065-01

Fitness

Adaptive Yoga

Learn a variety of yoga postures that can be practiced from a chair, standing, or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury, or other neuromuscular disorders and adapted for people of all physical abilities. Note: No drop-in rate.

Age: 18 years & up
Location: Raintree Athletic Club

3/31–5/5 Th 1:00–2:00 PM $45 202980-01

Adaptive Martial Arts

Improve physical, social, emotional, and cognitive functioning through the practice of martial arts. This class is adapted for people with disabilities and includes martial arts fundamentals, exercises, and games. Note: Class will not be held on 3/18.

Age: 12 years & up
Location: Northside Aztlan Center

3/4–4/1 F 5:15–6:15 PM $31 202581-01

Music & Theatre

Theatre Acting Class/Show

Learn acting techniques; work on a short script, then present a show for the last class. Designed for people with and without disabilities. Note: The final show takes place on 4/30.

Age: 14 years & up
Location: Northside Aztlan Center

3/19–4/30 Sat 2:00–4:00 PM $40 202593-01

Outdoor Recreation

Adaptive Cycling

Handcycles, tandems, and three wheel bikes are available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up
Location: Lee Martinez Park

4/14–4/28 Th 4:00–5:30 PM $19 202034-01

Guided Outdoor Adventures

Activities of hiking and cycling are designed for adults with visual impairments to experience various trails around Northern Colorado. Sighted guides provided. Door to door transportation within the city limits can be arranged for an additional $3 charge.

Age: 18 years & up
Location: Foothills Activity Center

Guided Hiking

3/30 W 12:30–3:30 PM $15 202762-01

4/27 W 12:30–3:30 PM $15 202762-02

Tandem Cycling

5/18 W 12:30–3:30 PM $18 202762-03

NSCD Youth Ski Trips

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment provided. Note: Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschools.edu.

Age: 10–17 years
Location: Mountain View High School, Loveland

3/14 M 6:00 AM–6:00 PM $90 202933-01

4/5 Tu 6:00 AM–6:00 PM $90 202933-02

Paralympic Sports

Adaptive Boccia

Boccia is a Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, boccia tests your coordination, concentration, and ability to strategize. Note: $3 drop-in fee each week.

Age: 17 years & up
Location: Senior Center Gym

3/28–5/2 M 11:00 AM–Noon $15 202464-01

Wheelchair Rugby & More

Wheelchair rugby is a full contact wheelchair sport designed for people with physical disabilities. Wheelchair basketball and softball are also introduced. Extra sport chairs available.

Age: 14 years & up
Location: Northside Aztlan Center

3/22–5/3 Tu 6:00–8:00 PM $22 202560-01

Unified Sports

Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and have the opportunity to compete in a Special Olympics Unified Area Tournament. Programs are partially discountable. For more information or to volunteer, contact Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com.

Adult Soccer

Age: 16 years & up
Location: Troutman Park

3/23–4/27 W 5:30–6:45 PM $20 202053-01

Adult Softball

Sign up now! Registration fee increases to $30 after 4/30. Note: Teams have practice/games for one hour. Practice will not be held
on 5/30.

Age: 16 years & up
Location: Beattie Elementary Ballfields

5/16–8/1 M 5:00–8:00 PM $25 202055-01

Youth Soccer

Age: 8–21 years
Location: Troutman Park

Child

3/21–4/25 M 5:00–6:00 PM $20 202054-01

Family

3/21–4/25 M 5:00–6:00 PM $30 202054-02

Alternative Programs

Activities listed in this section are designed for adults with intellectual disabilities, but are open to individuals without disabilities, as well. These programs focus on fun community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted. However, attendants may be asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Registration is required before all trips and programs take place. Some classes are partially discountable. Some ticketed programs have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds provided.

Please inform us of any accommodations needed at the time
of registration.

Arts and Crafts

Spring Garden Crafts

Create garden themed crafts with a variety of materials provided, including a growing flower to take home.

Age: 18 years & up
Location: Senior Center

4/13–4/20 W 4:00–5:15 PM $18 202402-01

Education

Cooking by Color

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we all sit down to sample the finished products. Note: Attendants welcome at no cost. Please note food allergies when registering.

Age: 18 years & up
Location: Senior Center

3/23 W 6:30–8:00 PM $11 202401-01

4/12 Tu 6:30–8:00 PM $11 202401-02

4/19 Tu 6:30–8:00 PM $11 202401-03

Outdoor Recreation

Trail Mix

Enjoy the spring weather and hike on local trails in a social setting. All fitness levels welcome. Note: Attendants welcome at no cost. Class will not be held on 4/29.

Age: 18 years & up
Location: Leave from Senior Center

4/8–5/6 F 4:00–6:00 PM $37 202418-01

Social Opportunities

Bowling

Designed for any skill level and emphasizes fun. Note: Fee includes two games per person per week and shoe rental, if needed. Class
not discountable.

Age: 18 years & up
Location: Chipper’s Lanes North

4/2–4/30 Sa 10:30–11:30 AM $40 202906-01

Movie Night

Travel with a group of friends to local theatre to watch the finest flicks on the big screen. Note: Bring $5.50 for ticket and money for snacks, if desired. Attendants welcome at no cost.

Age: 18 years & up
Location: Leave from Senior Center

3/29 Tu 5:30–9:00 PM $5.50 202303-01

4/26 Tu 5:30–9:00 PM $5.50 202303-02

5/17 Tu 5:30–9:00 PM $5.50 202303-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends. Note: Bring $20 to cover your meal and a tip. Attendants welcome at no cost.

Age: 18 years & up
Location: Leave from Senior Center

3/10 Th 5:45–8:00 PM $5.50 202304-01

4/7 Th 5:45–8:00 PM $5.50 202304-02

5/11 W 5:45–8:00 PM $5.50 202304-03

Monthly Themed Dances NW

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged. Note: No pre-registration; tickets are sold at the Senior Center front desk. Attendants welcome at no cost.

Age: 18 years & up
Location: Senior Center

The Golden Oldies

3/18 F 6:00–8:00 PM $3.50 202405-01

90’s Dance

4/29 F 6:00–8:00 PM $3.50 202405-02

Greek Toga Party

5/20 F 6:00–8:00 PM $3.50 202405-03

Trips and Outings

Dinner Theatre “Ring of Fire”

This Broadway show delivers a heartfelt musical tribute to the country legend Johnny Cash. More than a dozen classic hits entertain and delight at the Midtown Arts Center for a Sunday matinee lunch show. Note: Fee includes show, meal, non-alcoholic drinks, dessert, tip, and transportation. Attendants pre-register in Section 1A. No refunds can be issued unless ticket is re-sold.

Age: 18 years & up
Location: Leave from the Senior Center

3/13 Su 11:30 AM–5:00 PM $65 202320-01

3/13 Su 11:30 AM–5:00 PM $55 202320–1A

Movie Bistro Night

Travel with a group to the new theatre at Foothills Mall for plush seating and service at your seat while watching a movie on the big screen. Note: Bring $20 for dinner or refreshments, if desired. Attendants pre-register in Section 1A.

Age: 18 years & up
Location: Leave from the Senior Center

4/11 M 5:30–9:00 PM $15.50 202323-01

4/11 M 5:30–9:00 PM $10 202323-1A

Spring Ice Show

Join us for the 1st Annual Spring Ice Show at our own EPIC ice arena! Note: Registration and cancellation deadline is 5/01. No refunds given unless your ticket can be resold. Bring additional money for refreshments and souvenirs, if desired. Attendants pre-register in Section 1A.

Age: 18 years & up
Location: EPIC

5/6 F 6:00 PM–9:00 PM $15.50 202321-01

5/6 F 6:00 PM–9:00 PM $10 202321-1A

Loveland Laser Fun

Loveland Laser Tag & Fun Center is packed with fun! Activities include a ropes course, challenge by choice course, laser tag, arcade, 4D simulated rollercoaster, and more. Join a fun group of friends for this active and adventurous trip. Price includes choice of TWO activities. Note: Registration and cancellation deadline is 5/01. No refunds given unless your ticket can be resold. Attendants pre-register in Section 1A.

Age: 18 years & up
Location: Leave from Senior Center

5/7 Sa 1:00–5:00 PM $20 202322-01

5/7 Sa 1:00–5:00 PM $13.50 202322-1A

Aqua Fitness

Classes with fewer than 5 participants registered by the end of the first day of class are canceled for that session. Participants may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class is canceled and there is no drop-in.

Drop-In Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. Participants may drop-in to aqua fitness classes if space is available using either:

• $6.00/class visit

• 1 admission from a 10 admission drop-in fitness pass ($50)

Aqua Personal Training

See page 23 for details.

Adult Programming

Low Intensity

Basic H2O Workout

Designed for people new to water exercise, recovering from an injury, or with physical limitations. Range-of-motion, stretching, and cardiovascular elements are emphasized. Note: Class will not be held on 5/30.

Age: 18 years & up
Location: Senior Center

3/14–4/15 M,W,F 6:15–7:15 PM $56.25 200412-01

4/18–5/20 M,W,F 6:15–7:15 PM $56.25 200412-02

5/23–6/24 M,W,F 6:15–7:15 PM $52.50 200412-03

Stretch & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints. Note: Class will not be held on 5/30.

Age: 18 years & up
Location: Senior Center

3/14–4/15 M,W,F 8:30–9:30 AM $56.24 200410-01

4/18–5/20 M,W,F 8:30–9:30 AM $56.24 200410-02

5/23–6/24 M,W,F 8:30–9:30 AM $52.50 200410-03

Therapeutic Fitness

Designed for people with arthritis. Move through gentle, no
impact movements which may help relieve pain and stiffness.
The water’s buoyancy and resistance provides support to help
maintain joint flexibility.

Age: 18 years & up

Location: Edora Pool Ice Center

3/14–4/15 M,W,F 7:30–8:30 AM $56.25 200314-01

4/18–5/20 M,W,F 7:30–8:30 AM $56.25 200314-02

3/14–4/15 M,W,F 9:30–10:30 AM $56.25 200314-03

4/18–5/20 M,W,F 9:30–10:30 AM $56.25 200314-04

Location: Senior Center

5/24–6/23 Tu,Th 7:00–8:00 AM $37.50 200414-01

Twinges Plus

Combine the range-of-motion exercises from Twinges with low-impact cardiovascular work. Excellent for people who have recently been diagnosed with arthritis or other joint-related conditions.
Note: Class will not be held on 5/30.

Age: 18 years & up
Location: Senior Center

3/14–4/15 M,W,F 12:15–1:15 PM $56.25 200416-01

4/18–5/20 M,W,F 12:15–1:15 PM $56.25 200416-02

5/23–6/24 M,W,F 12:15–1:15 PM $52.50 200416-03

Medium Intensity

Advanced Water Fitness

Take your cardio to the next level and increase your caloric burn and overall endurance. Note: Not appropriate for first-time and beginner level students. Class will not be held on 5/30.

Age: 18 years & up

Location: Mulberry Pool

5/23–6/24 M,W,F 8:30–9:30 AM $52.50 200224-01

Location: Edora Pool Ice Center

3/14–4/15 M,W,F 7:30–8:30 AM $56.24 200324-01

4/18–5/20 M,W,F 7:30–8:30 AM $56.24 200324-02

Location: Senior Center

3/15–4/14 Tu,Th 4:00–5:00 PM $37.50 200424-01

4/19–5/19 Tu,Th 4:00–5:00 PM $37.50 200424-02

5/24–6/23 Tu,Th 4:00–5:00 PM $37.50 200424-03

Aqua-Natal

For women during or after pregnancy. Low and medium impact
exercises maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle
to help you support your newborn’s weight. Note: Class will not be held on 5/30.

Age: 18 years & up
Location: Senior Center

3/14–4/15 M,W,F 4:15–5:15 PM $56.25 200418-01

4/18–5/20 M,W,F 4:15–5:15 PM $56.25 200418-02

5/23–6/24 M,W,F 4:15–5:15 PM $52.50 200418-03

Classics

Enjoy the classic blend of aerobics, toning, and stretching. This is the right place to begin an exercise program, maintain your fitness level, or add a challenging workout. Note: Class will not be held on 5/30.

Age: 18 years & up

Location: Mulberry Pool

3/14–4/15 M,W,F 7:30–8:30 AM $56.25 200222-01

4/18–5/20 M,W,F 7:30–8:30 AM $56.25 200222-02

5/23–6/24 M,W,F 7:30–8:30 AM $52.50 200222-03

Location: Senior Center

3/14–4/15 M,W,F 6:15–7:15 AM $56.25 200422-01

4/18–5/20 M,W,F 6:15–7:15 AM $56.25 200422-02

5/23–6/24 M,W,F 6:15–7:15 AM $52.50 200422-03

3/14–4/15 M,W,F 9:30–10:30 AM $56.25 200422-04

4/18–5/20 M,W,F 9:30–10:30 AM $56.25 200422-05

5/23–6/24 M,W,F 9:30–10:30 AM $52.50 200422-06

3/14–4/15 M,W,F 5:15–6:15 PM $56.25 200422-07

4/18–5/20 M,W,F 5:15–6:15 PM $56.25 200422-08

5/23–6/24 M,W,F 5:15–6:15 PM $52.50 200422-09

3/15–4/14 Tu,Th 8:00–9:00 AM $37.50 200422-10

4/19–5/19 Tu,Th 8:00–9:00 AM $37.50 200422-11

5/24–6/23 Tu,Th 8:00–9:00 AM $37.50 200422-12

3/15–4/14 Tu,Th 9:00–10:00 AM $37.50 200422-13

4/19–5/19 Tu,Th 9:00–10:00 AM $37.50 200422-14

5/24–6/23 Tu,Th 9:00–10:00 AM $37.50 200422-15

3/15–4/14 Tu,Th 10:00–11:00 AM $37.50 200422-16

4/19–5/19 Tu,Th 10:00–11:00 AM $37.50 200422-17

5/24–6/23 Tu,Th 10:00–11:00 AM $37.50 200422-18

3/15–4/14 Tu,Th 7:00–8:00 PM $37.50 200422-19

4/19–5/19 Tu,Th 7:00–8:00 PM $37.50 200422-20

5/24–6/23 Tu,Th 7:00–8:00 PM $37.50 200422-21

Fitness and Fun

Combine a traditional water workout with water volleyball and other fun games. Note: Class will not be held on 5/30.

Age: 18 years & up
Location: Senior Center

3/14–4/15 M,W,F 7:30–8:30 AM $56.25 200420-01

4/18–5/20 M,W,F 7:30–8:30 AM $56.25 200420-02

5/23–6/24 M,W,F 7:30–8:30 AM $52.50 200420-03

High Intensity

Aqua Box

Mix kickboxing moves with aerobics for a fast, effective workout.

Age: 18 years & up
Location: Senior Center

3/15–4/14 Tu,Th 5:30–6:30 PM $37.50 200428-01

4/19–5/19 Tu,Th 5:30–6:30 PM $37.50 200428-02

5/24–6/23 Tu,Th 5:30–6:30 PM $37.50 200428-03

Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Excellent for people with back, hip, and knee injuries. Water confidence and some swimming skills recommended. Note: Class will not be held on 5/30.

Age: 18 years & up

Location: Mulberry Pool

3/14–4/15 M,W,F 12:15–1:00 PM $45 200230-01

4/18–5/20 M,W,F 12:15–1:00 PM $45 200230-02

5/23–6/24 M,W,F 12:15–1:00 PM $42 200230-03

5/24–6/23 Tu,Th 5:30–6:30 PM $37.50 200230-04

Location: Edora Pool Ice Center

3/15–4/14 Tu,Th 5:30–6:30 PM $37.50 200330-01

4/19–5/19 Tu,Th 5:30–6:30 PM $37.50 200330-02

Specialty Fitness

SUP Yoga Demo

Paddle board yoga combines the elements of being outside for a unique experience in the pool. After a short lesson on the pool deck, we move to the boards in the water with some basic postures. Modifications and variations to poses given. Note: All equipment provided. For beginner and up. Wear a swimsuit. Class not discountable. Fitness drop-in policy is excluded for this class.

Age: 15 years & up
Location: Edora Pool Ice Center

3/6 Su 11:00 AM–Noon $25 200326-01

SUP Yoga Class

Paddle board yoga combines the elements of being outside for a unique experience in the pool. After a short lesson on the pool deck, we move to the boards in the water with some basic postures. Modifications and variations to the poses will be given. Note: All equipment provided. For beginner and up. Wear a swimsuit. Class not discountable. Fitness drop-in policy is excluded for this class.

Age: 15 years & up
Location: Edora Pool Ice Center

3/22–4/19 Tu 9:30–10:30 AM $175 200328-01

3/24–4/21 Th 9:30–10:30 AM $175 200328-02

Aquatics

Aquatics Policies

Children under the age of 8 years must be accompanied by an adult. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.

Clothing appropriate for swimming is required; no cutoffs or thongs allowed in any pool. T-shirts are allowed, but must be white.

All patrons are required to shower before entering any pool.

Diapers or plastic pants with elastic around the legs are required to be worn by all individuals who do not have bowel and/or bladder control.

Patrons recreationally swimming before or after a class or with a private lesson must pay the drop-in fee.

Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed.

Children 6 years and older are required to use the appropriate locker room. Use of the family locker room is permitted; all children must be accompanied by a parent or guardian.

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Anything left overnight in the locker room will be removed and locks left on will be cut.

To teach private lessons, coach, or provide pool therapy in any aquatic facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48-hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card. In an effort to provide a safe pool experience, we require adult supervision for children ages 8 and under\* according to the following ratios:

# of children # of in-water adult supervisors

1–6 1
7–12 2
13–18 3
19–24 4

\*
Children 8 years and older that cannot swim or touch the bottom of the pool should be included in count for ages 8 years and under. Groups not complying with above ratio will not be allowed to swim.

Birthday Party Packages

Space for birthday parties is not allowed in the lobbies or
spectator areas at EPIC or Mulberry Pool. Space is available
for a fee for refreshments and present opening. Contact 970.221.6655 for more information.

Scout Waiver Water Badges

Fee: $40/group for each instructional hour (for up to 10 participants). Each additional participant is $3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fees are based on a 30- minute session: 1 person for $25, 2 people for $35, and 3 people for $45. Private lessons are not discountable and are scheduled based on instructor availability. Note: Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Learn-To-Swim Policies

We have grouped the ages for the classes based upon our knowledge of abilities of young swimmers. Although your child may have passed all of the Preschool classes, they will not be allowed into the higher Level classes until age 6. One of the many differences in skills between Preschool and Level classes is distance/endurance and stroke development. Most Preschoolers are not able to swim the required distances in the Level classes. We suggest that even though your child has completed the Preschool classes, he/she should continue to take the highest Preschool class or work on your own with them to increase endurance/distance in the various strokes.

Drop-in Swim Test

Swim testing allows swim staff to evaluate your child (6 years
& up) on their swimming ability for proper swim level placement. Prior to registration, we encourage you to have your child tested
for proper placement.

Swim Test Schedule

Mulberry Pool W 4:00–7:30 PM

EPIC Sa Noon–5:30 PM

If the class you wish to register for is filled, you may place your
name on a paid waiting list no later than one week prior to the start of the class. Every attempt is made to accommodate the demand
for swim lessons.

Parents are allowed on the pool deck for the last day of class only.

Progress cards that are not picked up on the last day of class will be held for only one week at the lesson facility.

At the discretion of the lesson manager, if it is evident that a child is not water ready by the 2nd lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

Participants recreationally swimming before or after a class must pay the drop-in fee.

Make-up lessons are not available.

Class maximums are to ensure a safe learn-to-swim experience. Minimum for all classes is 4.

Class Class Maximum

Guppy-Tadfish 10
Preschool 1–3, Levels 1–2 6
Level 3–4 8
Levels 5–6 10
Diving 8

Youth Learn to Swim

Guppy

Designed to prepare young children to be comfortable in and around water so that they are ready to learn to swim. Additionally, the program provides parents with information to create a safe aquatic experience for young children. Parent participation required. Note: Class partially discountable.

Age: 6–18 months
Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–4:45 PM $55 201310-01

4/4–5/4 M,W 6:15–6:45 PM $55 201310-02

4/5–5/5 Tu,Th 8:50–9:20 AM $55 201310-03

Advanced Guppy

Designed for children who are walking; promotes basic skills in the water with the goal of comfort in a water environment, in a front and back float position and breath control (i.e. blowing bubbles and voluntary submersion). Parents are given skills to make water fun. Note: Class partially discountable. Child with parent class.

Age: 10 months–2 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:55–5:25 PM $55 201212-01

4/5–5/5 Tu,Th 6:15–6:45 PM $55 201212-02

4/9–5/7 Sa 9:00–9:30 AM $27.50 201212-03

4/9–5/7 Sa 10:20–10:50 AM $27.50 201212-04

4/10–5/8 Su 4:35–5:05 PM $27.50 201212-05

4/10–5/8 Su 5:55–6:25 PM $27.50 201212-06

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:55–5:25 PM $55 201312-01

4/4–5/4 M,W 6:55–7:25 PM $55 201312-02

4/5–5/5 Tu,Th 10:10–10:40 AM $55 201312-03

Location: Senior Center

4/10–5/8 Su 3:30–4:00 PM $27.50 201412-01

4/10–5/8 Su 4:50–5:20 PM $27.50 201412-02

Tadfish

Builds on Advanced Guppy skills; great for children not ready to experience water without a parent. Participants continue to work on total comfort in the water environment including float positions, breath control, and water independence. Note: Class partially discountable.

Age: 2–4 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:15–4:45 PM $55 201214-01

4/5–5/5 Tu,Th 5:35–6:05 PM $55 201214-02

4/9–5/7 Sa 8:20–8:50 AM $27.50 201214-03

4/9–5/7 Sa 9:40–10:10 AM $27.50 201214-04

4/10–5/8 Su 3:55–4:25 PM $27.50 201214-05

4/10–5/8 Su 5:15–5:45 PM $27.50 201214-06

Location: Edora Pool Ice Center

4/4–5/4 M,W 5:35–6:05 PM $55 201314-01

4/5–5/5 Tu,Th 11:30 AM–Noon $55 201314-02

Location: Senior Center

4/10–5/8 Su 4:10–4:40 PM $27.50 201414-01

Preschool 1

Designed for children ready to be independent of a parent in the water. Learn basic water skills and how to be safe in and around water. Note: Class partially discountable.

Age: 3–5 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:15–4:45 PM $55 201216-01

4/5–5/5 Tu,Th 5:35–6:05 PM $55 201216-02

4/5–5/5 Tu,Th 6:55–7:25 PM $55 201216-03

4/9–5/7 Sa 9:00–9:30 AM $27.50 201216-04

4/9–5/7 Sa 10:20–10:50 AM $27.50 201216-05

4/9–5/7 Sa 11:00–11:30 AM $27.50 201216-06

4/9–5/7 Sa 11:40 AM–12:10 PM $27.50 201216-07

4/10–5/8 Su 3:15–3:45 PM $27.50 201216-08

4/10–5/8 Su 3:55–4:25 PM $27.50 201216-09

4/10–5/8 Su 5:15–5:45 PM $27.50 201216-10

4/10–5/8 Su 5:55–6:25 PM $27.50 201216-11

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–4:45 PM $55 201316-01

4/4–5/4 M,W 4:55–5:25 PM $55 201316-02

4/4–5/4 M,W 6:15–6:45 PM $55 201316-03

4/4–5/4 M,W 6:55–7:25 PM $55 201316-04

4/5–5/5 Tu,Th 9:30–10:00 AM $55 201316-05

Location: Senior Center

4/10–5/8 Su 4:10–4:40 PM $27.50 201416-01

4/10–5/8 Su 5:30–6:00 PM $27.50 201416-02

Preschool 2

Builds on Preschool Level 1 by adding to the child’s water comfort and safety knowledge. Basic propulsive movements are added making this class the beginning of independent locomotion on both front and back. Note: Class partially discountable.

Age: 3–5 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:55–5:25 PM $55 201218-01

4/5–5/5 Tu,Th 6:15–6:45 PM $55 201218-02

4/9–5/7 Sa 8:20–8:50 AM $27.50 201218-03

4/9–5/7 Sa 9:40–10:10 AM $27.50 201218-04

4/9–5/7 Sa 11:00–11:30 AM $27.50 201218-05

4/10–5/8 Su 3:15–3:45 PM $27.50 201218-06

4/10–5/8 Su 4:35–5:05 PM $27.50 201218-07

4/10–5/8 Su 6:35–7:05 PM $27.50 201218-08

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:55–5:25 PM $55 201318-01

4/4–5/4 M,W 5:35–6:05 PM $55 201318-02

4/4–5/4 M,W 6:55–7:25 PM $55 201318-03

4/5–5/5 Tu,Th 10:50–11:20 AM $55 201318-04

Location: Senior Center

4/10–5/8 Su 3:30–4:00 PM $27.50 201418-01

Preschool 3

Builds on Preschool Levels 1 and 2 and encourages total
independent propulsive swim skills. Gain confidence and swim greater distances with little to no support on both front and back. “Look! I’m swimming!” Note: Class partially discountable.

Age: 3–5 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:15–4:45 PM $55 201220-01

4/5–5/5 Tu,Th 5:35–6:05 PM $55 201220-02

4/5–5/5 Tu,Th 6:55–7:25 PM $55 201220-03

4/9–5/7 Sa 8:20–8:50 AM $27.50 201220-04

4/9–5/7 Sa 9:40–10:10 AM $27.50 201220-05

4/9–5/7 Sa 11:00–11:30 AM $27.50 201220-06

4/9–5/7 Sa 11:40 AM–12:10 PM $27.50 201220-07

4/10–5/8 Su 3:55–4:25 PM $27.50 201220-08

4/10–5/8 Su 4:35–5:05 PM $27.50 201220-09

4/10–5/8 Su 5:55–6:25 PM $27.50 201220–10

4/10–5/8 Su 6:35–7:05 PM $27.50 201220–11

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–4:45 PM $55 201320-01

4/4–5/4 M,W 5:35–6:05 PM $55 201320-02

4/4–5/4 M,W 6:15–6:45 PM $55 201320-03

Age: 3–5 years
Location: Senior Center

4/10–5/8 Su 4:10–4:40 PM $27.50 201420-01

Level 1

Designed for children with little or no water experience. Learn to be comfortable and safe in an aquatic environment and be introduced to basic swimming and safety skills. Note: Class partially discountable.

Age: 6–12 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:15–4:45 PM $55 201222-01

4/5–5/5 Tu,Th 6:15–6:45 PM $55 201222-02

4/5–5/5 Tu,Th 6:55–7:25 PM $55 201222-03

4/9–5/7 Sa 8:20–8:50 AM $27.50 201222-04

4/9–5/7 Sa 10:20–10:50 AM $27.50 201222-05

4/9–5/7 Sa 11:40 AM–12:10 PM $27.50 201222-06

4/10–5/8 Su 3:15–3:45 PM $27.50 201222-07

4/10–5/8 Su 4:35–5:05 PM $27.50 201222-08

4/10–5/8 Su 6:35–7:05 PM $27.50 201222-09

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–4:45 PM $55 201322-01

4/4–5/4 M,W 5:35–6:05 PM $55 201322-02

4/4–5/4 M,W 6:55–7:25 PM $55 201322-03

Location: Senior Center

4/10–5/8 Su 4:50–5:20 PM $27.50 201422-01

Level 2

Build on Level 1 and increase confidence and safety in the water. Begin basic propulsive movements on both front and back. This is the beginning of independent swimming. Note: Class partially discountable.

Age: 6–12 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:55–5:25 PM $55 201224-01

4/5–5/5 Tu,Th 6:55–7:25 PM $55 201224-02

4/9–5/7 Sa 9:00–9:30 AM $27.50 201224-03

4/9–5/7 Sa 10:20–10:50 AM $27.50 201224-04

4/9–5/7 Sa 11:00–11:30 AM $27.50 201224-05

4/9–5/7 Sa 11:40 AM–12:10 PM $27.50 201224-06

4/10–5/8 Su 3:15–3:45 PM $27.50 201224-07

4/10–5/8 Su 3:55–4:25 PM $27.50 201224-08

4/10–5/8 Su 5:15–5:45 PM $27.50 201224-09

4/10–5/8 Su 6:35–7:05 PM $27.50 201224-10

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–4:45 PM $55 201324-01

4/4–5/4 M,W 4:55–5:25 PM $55 201324-02

4/4–5/4 M,W 6:15–6:45 PM $55 201324-03

Location: Senior Center

4/10–5/8 Su 3:30–4:00 PM $27.50 201424-01

4/10–5/8 Su 5:30–6:00 PM $27.50 201424-02

Level 3

Continue to build on skills and confidence. Gain proficiency in several strokes and be introduced to deep water safety and skills. New strokes are introduced along with headfirst entries. Participants at this level are independently swimming. Note: Class partially discountable.

Age: 6–12 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:15–5:00 PM $72.50 201226-01

4/5–5/5 Tu,Th 6:15–7:00 PM $72.50 201226-02

4/9–5/7 Sa 9:00–9:45 AM $72.50 201226-03

4/9–5/7 Sa 11:00–11:45 AM $72.50 201226-04

4/10–5/8 Su 3:15–4:00 PM $36.25 201226-05

4/10–5/8 Su 5:15–6:00 PM $36.25 201226-06

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:55–5:40 PM $72.50 201326-01

4/4–5/4 M,W 6:15–7:00 PM $72.50 201326-02

Level 4

Continue to build on the skills needed to be a proficient swimmer. Swim basic strokes for longer distances with improved technique while adding additional strokes and safety skills. Note: Class partially discountable.

Age: 6–12 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 4:55–5:40 PM $72.50 201228-01

4/9–5/7 Sa 8:20–9:05 AM $72.50 201228-02

4/9–5/7 Sa 9:40–10:25 AM $72.50 201228-03

4/10–5/8 Su 4:35–5:20 PM $36.25 201228-04

4/10–5/8 Su 5:55–6:40 PM $36.25 201228-05

Location: Edora Pool Ice Center

4/4–5/4 M,W 4:15–5:00 PM $72.50 201328-01

Level 5

Develop proficient technique for all six basic strokes. Swim greater distances using each stroke and add correct turns for each stroke. Continue to increase safety knowledge in all aquatic environments. Note: Class partially discountable

Age: 6–12 years

Location: Mulberry Pool

4/5–5/5 Tu,Th 5:35–6:20 PM $72.50 201230-01

Location: Edora Pool Ice Center

4/4–5/4 M,W 5:35–6:20 PM $72.50 201330-01

Fort Collins Area Swim Team

Ready to swim FAST? Swimmers who have passed Level 5 are
encouraged to join Fort Collins Area Swim Team for an introduction to the sport of competitive swimming. Improve on Olympic strokes, increase speed, and efficiency – all in a fun team environment.
Visit fortcollinsareaswimteam.org to register.

Age: 6–12 years
Location: Edora Pool Ice Center

Springboard Diving

Diving

Learn the fundamentals of springboard diving and utilize the 1 and 3-meter boards. Concentrate on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions, along with development in somersaulting and inward dive. Note: Skill test on first day (swim at least 25 yards using the front crawl); continuation depends on passing. Class partially discountable.

Age: 5–17 years
Location: Edora Pool Ice Center

Beginning

4/4–5/4 M,W 4:50–5:35 PM $60 201336-01

4/4–5/4 M,W 5:40–6:25 PM $60 201336-02

Advanced

4/4–5/4 M,W 4:00–4:45 PM $60 201336-03

Scuba Diving

Discover Scuba Diving

Learn how to use scuba equipment in shallow water and get
a quick and easy introduction to what it takes to explore the underwater world. Learn the basics needed to dive under the direct
supervision of a PADI Professional, including but not limited to seeing what scuba equipment feels like to wear and use. Note: Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate
in class. Class not discountable

Age: 10 years & up
Location: Edora Pool Ice Center

3/25 Sa 10:00–12:30 PM $35 201352-01

3/26 Sa 10:00–12:30 AM $35 201352-02

4/9 Sa 10:00 AM–12:30 PM $35 201352-03

4/30 Sa 10:00 AM–12:30 PM $35 201352-04

5/21 Sa 10:00 AM–12:30 PM $35 201352-05

Scuba Challenge

This is for the experienced diver who wants to practice up on
their skills. Challenges are set-up and include some dryland
information. Note: Fees required for air and weights; payment
made to CSDA due night-of: $10 own gear, $15 gear supplied.
Must have current certification.

Age: 10 years & up
Location: Edora Pool Ice Center

3/28 M 6:00–9:00 PM $6 201356-01

4/18 M 6:00–9:00 PM $6 201356-02

5/09 Tu 6:00–7:00 PM $6 201356-03

Adult Learn to Swim

Adult – Learning the Basics

Introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke. Note: Class partially discountable.

Age: 15 years & up

Location: Edora Pool Ice Center

4/4–5/4 M,W 6:55–7:40 PM $72.50 201338-01

Location: Senior Center

4/10–5/8 Su 4:50–5:35 PM $36.25 201438-01

Advanced Aquatics

Lunchtime Splash & Dash

Join intermediate and advanced fitness swimmers for workouts designed to improve strength, endurance and form. Typical workouts vary from 1,800–3,200 yards, with an emphasis on intervals and variable speed training. Note: Participants need a foundation in freestyle and the ability to repeatedly swim 50 yards non-stop. Class not discountable. Participants may pay a drop-in fee of $6 per class.

Age: 18 years & up
Location: Mulberry Pool

3/1–3/31 Tu,Th 11:00 AM–Noon $45 201236-01

3/1–3/31 Tu,Th Noon–1:00 PM $45 201236-02

4/5–4/28 Tu,Th 11:00 AM–Noon $36 201236-03

4/5–4/28 Tu,Th Noon–1:00 PM $36 201236-04

5/3–5/31 Tu,Th 11:00 AM–Noon $40.50 201236-05

5/3–5/31 Tu,Th Noon–1:00 PM $40.50 201236-06

Now Hiring for Summer 2016

City of Fort Collins is now interviewing for lifeguard and swim lesson instructor positions. If you’re currently certified as an American Red Cross lifeguard or swim instructor please submit an application at fcgov.com/jobs. Those that aren’t certified, but are interested, contact Krista Hobbs at 970.221.6335 (swim lesson instructor certification) or Tom Zimdahl at 970.221.6385 (lifeguard certification). We provide training at a fraction of the cost if you work the summer with us.

Advanced Blended Learning

Advanced Blended Learning courses combine online learning with hands-on skill sessions. Practice skills and demonstrate competency, reinforce skills learned with a Red Cross-certified instructor, and complete interactive lessons and activities on your own time with the online portion while building the same knowledge and skills as our traditional training course.

Register for the online lessons at least two days prior to your first on-site skills session (instructions will be emailed, provide a valid email address when registering). To gain access to the online lessons participants need to pay with a credit card for their course certification fees. No refunds are given for course certification fees for

participants who cannot pass the pre-course skills or drop/cancel/fail the course. Students must pass the online assessment and print a copy of their completion certification to bring to the last class.

Participants must attend all classes. There is a skills test on the first day; continuation depends on passing. E-book included; $35 certification fee not included.

Water Safety Instructor

Get the training needed to teach American Red Cross swimming and Water Safety courses. Learn how to use the course materials, conduct training sessions, and evaluate participants’ progress. This class is an extensive skill review and presentation of all levels of swimming. Online class content 6 hrs. 45 min. Note: Must attend all classes. Skill test on first day; continuation depends on passing. E-book included, $35 certification fee is not. Class not discountable.

Age: 16 years & up
Location: Mulberry Pool

3/23–4/3 W,Sa,Su 6:00–7:30 PM $112.50 201242-01

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Online class content 7 hrs. 25 min. Note: Must attend all classes. Skill test on first day; continuation depends on passing. E-book and mask included, $35 certification fee is not. Class not discountable.

Age: 15 years & up

Location: Edora Pool Ice Center

3/14–3/18 M,Tu,W,Th,F 9:00 AM–2:00 PM $200 201340-01

4/1 F 3:30–8:30 PM $200 201340-02
4/2–4/10 Sa,Su 9:00 AM–2:00 PM

4/15 F 3:30–8:30 PM $200 201340-03
4/16 Sa 8:00 AM–1:00 PM
4/17–4/24 Su,Sa 9:00 AM–2:00 PM

4/29 F 3:30–8:30 PM $200 201340-04
4/30–5/8 Sa,Su 9:00 AM–2:00 PM

5/13 F 3:30–8:30 PM $200 201340-05
5/14–5/22 Sa,Su 9:00 AM–2:00 PM

Lifeguard Review

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Online class content 7 hrs. 25 min. Note: Must attend all classes. Skill test on first day; continuation depends on passing. E-book included, $35 certification fee is not. Class not discountable.

Age: 17 years & up

Location: Edora Pool Ice Center

3/26 Sa 9:00 AM–3:00 PM $39 201341-01

Lifeguard Instructor

Instructor candidates are trained to teach American Red Cross lifeguarding. Learn how to use the course material, methods, conduct training sessions, evaluate participants’ progress. Must possess a current ARC lifeguard/first aid/CPR/AED certificate. Online class content 2 hrs. 30 min. Note: Must attend all classes. Skill test on first day; continuation depends on passing. E-book included, $35 certification fee is not. Class not discountable.

Age: 17 years & up
Location: Edora Pool Ice Center

4/29–5/1 F–Su 4:00–8:00 PM $117 201342-01

Underwater Hockey

Underwater Hockey

Coed non-contact sport that is played on the bottom of a swimming pool. Players wear snorkel gear and hold a 7-inch wooden stick in one hand. Two teams of 6 players compete by attempting to score goals by pushing a weighted puck into their opponent’s goal. Participants learn the basics of underwater hockey. Masks, fins, snorkel, and a hockey stick provided. Note: Punch passes are available at a discount.

Age: 14 years & up

Ongoing M 8:00–9:30 PM $6/day

Arts & Crafts

Get Involved

Senior Center Exhibits

Call to artists, crafters, and collectors interested in displaying their pieces. The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national, and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are open to the public and free of charge. Work may be for sale.

The Senior Center is currently accepting submissions for photography pieces to be displayed along the walls of the track in the fitness area. Photos are enlarged and presented on a rotational basis.

The Senior Center will be accepting submissions for the Visual Arts & Craft Show beginning April 21. For more information, see page 87.

Arts and Crafts Volunteers

Volunteers are needed to help oversee the operation of a woodshop and general arts and crafts studio, as well as serve as arts and crafts teachers.

Visual Arts Committee Volunteers

Visual Arts Committee Members attend monthly meetings and special engagements as necessary. Members are participatory
in the setup and takedown of shows, displays, and decisions regarding visual aspects related to art in and around the Fort
Collins Senior Center.

Teachers

Proposals from new skilled arts and crafts instructors welcome.

Contact

Contact Steve Dietemann at 970.224.6028, sdietemann@fcgov.com for more information about exhibits, teaching, and volunteering.

Adult Programming

Drawing

Drawing Animals

Learn to re-create the amazing world of animals, and make them into beautiful art. Focus on animal anatomy including facial features and improve skills in creating life-like animal drawings. Work from your own or instructor-provided reference material. Note: Supply list available at registration (approx. cost: $30–50).

Age: 18 years & up
Location: Senior Center

3/25–4/29 F 1:00–3:00 PM $53 203405-01

Comics Essentials

Develop your own style of drawing whether it is doodles, stick
figures, or super heroes. Learn how to draw manga cartoon people, places, and animals. Turn your own characters and concepts into finished comics, gag cartoons, or cards. Note: Supply list available at registration.

Age: 14 years & up
Location: Senior Center

3/15–4/19 Tu 6:30–8:30 PM $49 203407-01

 $42.25 members

Sketching Group – M

Open to drawing, pastels, sketching, and water media. Work from pictures, still-life, or ideas and your imagination. This group meets weekly to work on projects, meet new friends, and share ideas and techniques. Note: No instructor provided. Bring your own supplies.
No fee, but must be a Senior Center member.

Age: 18 years & up
Location: Senior Center

Ongoing F 9:30 AM–12:30 PM No Fee

Fiber Arts

Felting, Needle

Walk through techniques and tools while learning to make
handcrafted felted objects using wool roving with the needle
method. Create dolls, animals or flowers roughly 6 inches in
size. Note: All supplies provided. Please wear old clothes.
Class partially discountable.

Age: 14 years & up
Location: Senior Center

Leprechauns and Gnomes

3/12 Sa 9:00 AM–Noon $27 203436-01

Pictures

4/16 Sa 9:00 AM–Noon $27 203436-02

Fairies

5/14 Sa 9:00 AM–Noon $27 203436-03

Quilting Quorum – M

All levels of quilters are welcome and may work on any projects, including items for a charity of your choice. Meet other local quilters, swap tips, and share techniques. Note: No instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available.

Age: 18 years & up
Location: Senior Center

Ongoing F 1:00–3:00 PM No Fee

General

C.H.A.T. Crafts Hobbies Arts Time – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Enjoy a relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group meets weekly to work on projects and share ideas and techniques. Note: No instructor provided. No fee, but must be a Senior Center member.

Age: 18 years & up
Location: Senior Center

Ongoing W 1:00–3:00 PM No Fee

Open Shop – M

Many tools available for jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools as well as basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. Note: There is no fee. A Senior Center membership is required to participate in open lab time.

Age: 18 years & up
Location: Senior Center

Ongoing Tu 8:00 AM–Noon No Fee

Ongoing W 1:00–5:00 PM

Ongoing Th 6:00–10:00 PM

Metals Arts

Metal Wind Sculpture, Intermediate

Prerequisite: Beginning Metal Work or instructor approval. Expand
on skills learned in the Beginning class using more advanced techniques with hand tools. Copper and brass sheet metal is formed in the construction of a kinetic wind sculpture. More advanced designs and personal expression play a part in construction. Note: All tools and supplies provided. Class partially discountable.

Age: 18 years & up
Location: Senior Center

3/2–4/6 W 9:00 AM–Noon $94 203460-01

Jewelry

Jewelry, Beginning

Concentrate on cutting and piercing with a jeweler’s saw, filing, soldering, and using proper techniques for polishing and finishing. For those with no metal experience, as well as those just wanting to get back in to it. Note: Tools and some supplies provided. Supply list available at registration (approx. cost: $55–80). Class partially discountable. Class will not be held on 4/26.

Age: 18 years & up
Location: Senior Center

3/15–5/3 Tu 5:30–7:30 PM $95 203486-01

Advanced Stone Setting

Prerequisite: Experience soldering a bezel. Explore an in-depth look at more advanced stone setting fundamentals, including faceted, odd shapes, rough, or uncut stones. Lessons in alternative setting methods are also covered. Intermediate-advanced students who want to work on other projects are welcome. Note: Some supplies provided. Supply list available at registration. Supplies and supply cost vary with your project choice (approx. cost: $20–85). Class will not be held on 4/26.

Age: 18 years & up
Location: Senior Center

3/15–5/3 Tu 7:30–9:30 PM $99 203488-01

Paper Arts

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals, notes, or invitations. Use a broad edge pen to write the italic hand and get ideas for using your new skill. Class includes discussion about materials, layout and design, and a brief history of writing. Note: Supply list available at registration (approx. cost: $20).

Age: 18 years & up
Location: Senior Center

3/21–4/25 M 9:00–11:30 AM $69 203409-01

Stab Bookbinding Workshop

Learn a variety of stitching patterns and create your own uniquely bound hardcover book album. Books are bound along one side with decorative stitching. Note: Lunch not included. Supply list available at registration. Class partially discountable.

Age: 18 years & up
Location: Senior Center

4/30 Sa 9:00 AM–4:00 PM $41 203413-01

Soft Cover Journal Workshop

Make your own soft cover journal that is perfect for recording everything from your travel adventures to your garden notes. Learn the basics of sewing a multiple signature book. Note: Bring pencil, scissors, and a bone folder. All other materials provided. Class partially discountable. Lunch not included.

Age: 18 years & up
Location: Senior Center

4/9 Sa 9:00 AM–4:00 PM $40 203412-01

Soul Collage, Introduction

Soul Collage is an internationally popular new way to develop self-insight using collage art. Amazing creations appear from cut-out images pasted into 5x7 cards. Each card picture ends up expressing parts of you and your experiences in beautiful, new, and surprising ways. Note: All supplies provided. Class partially discountable.

Age: 18 years & up
Location: Senior Center

3/19 Sa 9:00 AM–12:30 PM $33 203415-01

Photography

Photography, Beginning

Designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos focus on camera operations, lenses, equipment, films, filters, depth of field, and bracketing. Composition and photo products are also covered. Note: Bring a functional digital or 35mm SLR camera and its manual to class. Field trip is Saturday.

Age: 18 years & up
Location: Senior Center

3/30–4/13 W 6:00–9:00 PM $49 203430-01

4/2 Sa 9:00 AM–Noon

Photography, Intermediate to Advanced

Advanced creative techniques are covered for specific genres including landscape, wildlife, night, and close-up photos. Most of
the applications and techniques apply to both film and digital photography. You must have an understanding of your camera and the basics of photography, either digital or regular film. Note: Bring
a functional digital or 35mm SLR camera and its manual to class.

Age: 18 years & up
Location: Senior Center

4/27–5/11 W 6:00–9:00 PM $44 203431-01

Painting

Painting, Bob Ross Style

Complete a finished painting in one day using the Bob Ross painting technique. Our certified Bob Ross instructor teaches about the use of different brushes, a palette knife, mixing colors, and the manipulation of certain special paints. If you have all of your own Bob Ross supplies, there is a $15 discounted fee. Note: Bring a role of paper towels other supplies provided. One month prior to the start of class, an example can be seen at the Senior Center. Class not discountable.

Age: 18 years & up
Location: Senior Center

3/17 Th 9:00 AM–3:30 PM $60 203427-01

Painting, Chinese Brush

An introduction and continuing study of basic strokes and simple compositions using the traditional Chinese brush on absorbent Chinese paper. Learn the basic strokes to paint the Chinese orchid and bamboo. Continuing students can choose from other subjects, as well. Note: Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class partially discountable.

Age: 18 years & up
Location: Senior Center

3/22–4/26 Tu 6:30–8:30 PM $78 203440-01

 $71.10 member

Painting, Beginning Acrylic

Learn basics such as choosing and preparing your ground, starting techniques, drawing, color values, and composition. Note: Supply list available at registration (approx. cost $30–50). Class is ongoing and meets weekly on a month-to-month basis.

Age: 18 years & up

Location: Senior Center

3/7–3/28 M 1:00–3:00 PM $39 203446-01

4/4–4/25 M 1:00–3:00 PM $39 203446-02

5/2–5/23 M 1:00–3:00 PM $39 203446-03

3/3–3/31 Th 6:30–8:30 PM $48.75 203446-04

4/7–4/28 Th 6:30–8:30 PM $39 203446-05

5/5–5/26 Th 6:30–8:30 PM $39 203446-06

Painting, Non-Traditional Acrylic

Finish four canvas paintings using acrylic paints, brushes,
non-traditional tools, and unusual additions and techniques.
Incorporate color psychology, paint application, and creativity
to finish a painting each class. Note: Supply list available at
registration. Space is limited.

Age: 18 years & up
Location: Senior Center

3/22–4/12 Tu 1:00–3:00 PM $49 203448-01

Porcelain Painting, Intermediate

Discover techniques for achieving desired results, and extend your current skills and knowledge. Learn more about the chemical process of paints, mediums, and firing procedure. Note: Firing of your work is included in the course fee. Painting supplies not included.

Age: 18 years & up
Location: Senior Center

3/2–3/30 W 9:00–11:30 AM $52.50 203471-01

4/6–4/27 W 9:00–11:30 AM $42 203471-02

5/4–5/25 W 9:00–11:30 AM $42 203471-03

Porcelain Painting, Advanced

One-on-one hands-on instruction and group demonstrations. Attention is given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques. Note: Firing of your work is included in the course fee. Painting supplies not included.

Age: 18 years & up
Location: Senior Center

3/2–3/30 W 1:00–3:30 PM $60 203472-01

4/6–4/27 W 1:00–3:30 PM $48 203472-02

5/4–5/25 W 1:00–3:30 PM $48 203472-03

Woodworking

Wood Burning, Beginning

Introduction to wood burning. Learn the proper use and care of burning tools, the best types of woods to work on, and how to prepare and finish them, as well as burning on three dimensional objects. Take home several different finished projects. Open to all skill levels.

Age: 18 years & up
Location: Senior Center

3/21–3/28 M 6:00–9:00 PM $63.40 203494-01

3/24–3/31 Th 9:00 AM–Noon $63.40 203494-02

5/16–5/23 M 6:00–9:00 PM $63.40 203494-05

5/19–5/26 Th 9:00 AM–Noon $63.40 203494-06

Woodworking, Intermediate

Continuation of Beginning Woodworking. Advanced techniques and concepts are taught. Further exploration into varied tools available. Projects designed with the instructor’s assistance. Include use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet with instructor approval. Note: Some supplies provided. Supply list available first day of class (approx. cost: $20–30). Class partially discountable.

Age: 18 years & up
Location: Senior Center

3/16–4/20 W 7:00–9:00 PM $90 203490-01

Pottery

The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages.

For adult classes, the first 25 lbs. of clay is provided. More clay can be purchased at the Studio for $22. Only clay purchased from the Pottery Studio is fired. A basic tool kit ($12) needs to be purchased at the first class if you don’t already own your own hand tools. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains, and engobes provided. Specialty tools and higher end hand tools are also available for purchase. Lab time included with class unless otherwise noted. Note: All work must be accomplished at the Studio. Production work is not permitted.

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See page 32 to register for Lab Time.

Pottery Pals

Pottery Pals generously donate their time and talents to help with special events and studio activities. New members welcome.

Work Study

Offered to individuals who have been enrolled in pottery and wish to learn more about the pottery process. Work Study participants may perform specific studio activities in exchange for class time.

Parents or Grandparents & Children Together

Classes specifically geared for a parent or grandparent to work together with a child on pottery projects. Projects vary per class. See page 34.

Birthday Parties

At the Pottery Studio, we teach the steps and processes that clay goes through to create a masterpiece, as well as provide a tour of the facility. Attendees enjoy working with clay and instruction to make a creation of their very own.

Duration is about 90 minutes; tailored packages available. Cost is $14 per child (5 children minimum); not discountable. With 10 kids or more, the birthday child is free.

Scout Badges

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is $14 per child (5 children minimum). Class not discountable.

Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge.
Fees vary depending on the program. Class not discountable.

Adult Pottery Classes

Beginning Wheel/Handbuilding

Learn about clay, tools, and glazing, as well as the basic skills, techniques, and principles involved in pottery. Primary emphasis for the class is creating using the potter’s wheel as a tool. Some handbuilding is covered. Note: Lab time included.

Age: 18 years & up
Location: Pottery Studio

3/21–5/23 M 9:00–11:00 AM $149 204850-01

3/21–5/23 M 5:45–7:45 PM $149 204850-02

3/23–5/25 W 8:00–10:00 PM $149 204850-03

3/26–5/28 Sa 12:15–2:15 PM $149 204850-04

Beginning Plus Wheel/Handbuilding

Prerequisite: One or more sessions of Beginning Wheel/
Handbuilding. For students who have previously taken a
beginning class and are acquainted with the basic techniques involved in wheel throwing. Excellent for students that are
not feeling comfortable with the clay and wish to hone their
skills some before progressing to intermediate.

Age: 18 years & up
Location: Pottery Studio

3/21–5/23 M 8:00–10:00 PM $149 204855-01

3/23–5/25 W 5:45–7:45 PM $149 204855-02

3/24–5/26 Th 9:00–11:00 AM $149 204855-03

Intermediate Wheel/Handbuilding

Prerequisite: Beginning Wheel/Handbuilding or equivalent. Learn more complex ceramic/pottery techniques and skills. Expression
and exploration of form is taught. Intermediate students must have had experience working with clay and should know the principles
of the wheel.

Age: 18 years & up
Location: Pottery Studio

3/22–5/24 Tu 5:30–7:30 PM $149 204860-01

3/23–5/25 W 9:00–11:00 AM $149 204860-02

Advanced Wheel/Handbuilding

Prerequisite: Intermediate Wheel/Handbuilding or equivalent. Look further into the development of form while honing your high-end techniques. Emphasis is on combining your own creativity with conceptual thought into design. Note: Lab time included.

Age: 18 years & up
Location: Pottery Studio

3/24–5/26 Th 5:30–7:30 PM $149 204865-01

Pottery Sampler

Create while learning the techniques of clay. Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Note: All materials and tools provided. Lab time not included. Clay provided as needed.

Age: 18 years & up
Location: Pottery Studio

3/26–4/23 Sa 12:15–2:15 PM $49 204870-01

4/30–5/28 Sa 12:15–2:15 PM $49 204870-02

Handbuilding Expressions

Explore three-dimensional form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships. Note: This class is for all levels.

Age: 18 years & up
Location: Pottery Studio

3/23–5/25 W 6:00–8:00 PM $149 204875-01

Cool Clay

Address imaginative methods of handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as concentrate with some focus on functionality. Note: All levels welcome. Lab is available for 5 weeks only.

Age: 18 years & up

Location: Pottery Studio

3/25–4/22 F 6:00–8:00 PM $75 204880-01

4/29–5/27 F 6:00–8:00 PM $75 204880-02

Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian. Use tools like extruders and slab rollers, and incorporate various textures for rich surfaces. Note: No previous experience necessary; all levels welcome.

Age: 18 years & up
Location: Pottery Studio

3/25–5/27 F 9:00–11:00 AM $149 204885-01

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Note: Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Class will not be held on 5/26.

Age: 18 years & up
Location: Pottery Studio

3/21–5/27 M,W,Th,F 11:00 AM–2:00 PM $149 204899-01
3/22–5/28 Tu,Sa 9:00 AM–Noon
3/22–5/26 Tu,Th 7:30–10:00 PM

Child without Parent Classes

Child Handbuilding

Make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied,
so it is possible to register for classes as many times as you wish. Note: Lab time not included. Class will not be held on 5/26, 5/27.

Age: 6–9 years
Location: Pottery Studio

3/21–4/18 M 4:00–5:30 PM $48 204805-01

3/23–4/20 W 4:00–5:30 PM $48 204805-02

4/25–5/23 M 4:00–5:30 PM $48 204805-03

4/27–5/25 W 4:00–5:30 PM $48 204805-04

Youth Wheel/Handbuilding

Learn basic potter’s wheel skills. Handbuilding, as well as other skills and techniques are taught. Note: Lab time not included.

Age: 10–12 years
Location: Pottery Studio

3/24–5/26 Th 3:45–5:15 PM $89 204810-01

3/25–4/22 F 4:00–5:30 PM $48 204810-02

4/29–5/27 F 4:00–5:30 PM $48 204810-03

Teen Wheel/Handbuilding

Learn a variety of handbuilding and ceramic/pottery decorating techniques, as well as basic potter’s wheel skills. Note: Lab time
not included.

Age: 13–17 years
Location: Pottery Studio

3/22–4/19 Tu 3:45–5:15 PM $48 204815-01

4/26 Tu 3:45–5:15 PM $48 204815-02

Child with Parent Classes

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied, so it is possible to register for classes as many times as you wish. Note: The fee includes all tools and materials. One parent per youth. Lab time not included.

Age: 3–5 years
Location: Pottery Studio

3/22–4/19 Tu 12:30–1:30 PM $34 204801-01

3/23–4/20 W 2:45–3:45 PM $34 204801-02

3/26–4/23 Sa 2:45–3:45 PM $34 204801-03

4/26–5/24 Tu 12:30–1:30 PM $34 204801-04

4/27–5/25 W 2:45–3:45 PM $34 204801-05

4/30–5/28 Sa 2:45–3:45 PM $34 204801-06

Parent & Child Handbuilding – NW

You and your youngster to work together to create imaginative hand built projects and share a creative experience. Note: One parent per youth; each additional youth is $44.50. Lab time not included.

Age: 6–9 years
Location: Pottery Studio

3/26–4/23 Sa 4:00–5:30 PM $133.50 204835-01

4/30–5/28 Sa 4:00–5:30 PM $133.50 204835-02

Parent & Teen/Youth Wheel/Handbuilding – NW

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects. Note: Fee includes all tools and materials. One parent per youth; each additional youth is $44.50.
Lab time not included.

Age: 10–17 years
Location: Pottery Studio

3/25–4/22 F 5:45–7:15 PM $133.50 204845-01

4/29–5/27 F 5:45–7:15 PM $133.50 204845-02

Youth Arts & Crafts

Child with Parent Classes

Art Start

Hands on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors. Note: Class will not be held on 3/16.

Age: 2–3 years
Location: Mulberry Pool

3/2–3/30 W 9:00–10:00 AM $49 217283-01

4/6–4/27 W 9:00–10:00 AM $49 217283-02

5/4–5/25 W 9:00–10:00 AM $49 217283-03

Child without Parent Classes

Art Discovery

Explore the fascinating world of art and bring to life self-expression using a variety of mediums. Create using paint, clay, and collage. Note: Bring a bag to carry home your projects. Art classes can be messy; dress accordingly.

Age: 3–4 years
Location: Mulberry Pool

2/29–3/7 M 11:00 AM–Noon $30 216205-01

3/21–4/4 M 11:00 AM–Noon $30 216205-02

4/11–4/25 M 11:00 AM–Noon $30 216205-03

5/2–5/16 M 11:00 AM–Noon $30 216205-04

Surprise for Mom

Shhhh! It’s a surprise! We’re making something special for Mom for Mother’s Day.

Age: 3–5 years
Location: Northside Aztlan Center

5/3–5/5 Tu,Th 1:00–2:30 PM $34 216518-01

Art Start – Pre K

Hands on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors. Note: Class will not be held on 3/16.

Age: 3–5 years
Location: Mulberry Pool

3/2–3/30 W 10:30–11:30 AM $49 217217-01

4/6–4/27 W 10:30–11:30 AM $49 217217-02

5/4–5/25 W 10:30–11:30 AM $49 217217-03

Art Studio for Preschoolers

Focus on different mediums and themes, or create at will
with various materials provided. Note: Art classes can be
messy; dress accordingly.

Age: 3–6 years
Location: Mulberry Pool

St. Patrick’s Day

3/10 Th 9:30–11:00 AM $10 216206-01

Paint on Canvas

3/24 Th 9:30–11:00 AM $13 216206-02

Clay

3/31 Th 9:30–11:00 AM $15 216206-03

Collage

4/7 Th 9:30–11:00 AM $10 216206-04

Crayon Resist

4/14 Th 9:30–11:00 AM $10 216206-05

Water Color

4/21 Th 9:30–11:00 AM $10 216206-06

Tie Dye

4/28 Th 9:30–11:00 AM $15 216206-07

Mother’s Day

5/5 Th 9:30–11:00 AM $13 216206-08

Art Studio Drop-In

Designed to keep your child creatively engaged while you enjoy your work out. Each week, different art mediums are available for exploration. Note: Registration not required. Class maximum is 12. This is not a drop-off program; parents must remain within the Foothills Activity Center.

Age: 4–10 years
Location: Foothills Activity Center

3/1–5/17 Tu 4:30–6:30 PM $5 216747-01

Art Studio

Focus on different mediums and themes, or create at will
with various materials provided. Note: Art classes can be
messy; dress accordingly.

Age: 6–12 years
Location: Mulberry Pool

St. Patrick’s Day

3/10 Th 4:30–6:00 PM $14 216207-01

Paint on Canvas

3/24 Th 4:30–6:00 PM $13 216207-02

Clay

3/31 Th 4:30–6:00 PM $15 216207-03

Collage

4/7 Th 4:30–6:00 PM $10 216207-04

Crayon Resist

4/14 Th 4:30–6:00 PM $10 216207-05

Water Color

4/21 Th 4:30–6:00 PM $10 216207-06

Tie Dye

4/28 Th 4:30–6:00 PM $15 216207-07

Mother’s Day

5/5 Th 4:30–6:00 PM $13 216207-08

Artistic Explorations

Focus is on creative development. Be introduced to a variety of mediums and create using your imagination. Projects are generally completed in 1 or 2 sessions.

Age: 6–12 years
Location: Mulberry Pool

5/4–5/25 W 4:30–6:00 PM $55 216210-01

CreARTion Station

Through independent exploration, create with clay, experiment with pastels, or paint colors on canvas. Work is artist driven.

Age: 6–12 years
Location: Mulberry Pool

3/2–3/30 W 4:30–6:00 PM $55 216226-01

Mudd Puppies

Explore various types of clay mediums and create extraordinary animals, castles, spaceships, and/or aliens.

Age: 6–12 years
Location: Mulberry Pool

4/6–4/27 W 4:30–6:00 PM $40 216227-01

Bicycling

Roll into spring with these classes and events hosted by the City of Fort Collins bicycling and recreation programs including: FC Bikes, FC Bikes Bicycle Ambassador Program, Safe Routes to School, and City of Fort Collins-Recreation Department. Learn and play with us on two wheels and keep Fort Collins bicycling safe, friendly, and fun.

Bicycles and Helmets Available

FCBikes is able to provide bicycles and helmets for use at bicycle programs if you are unable to provide your own. Contact 970.221.6987 for reservations.

Contact

Adult Programs: 970.221.6987, info@BicycleAmbassadorProgram.org
Youth Programs: 970.416.2357, nnichols@fcgov.com

For more information about bicycle programming through the
City of Fort Collins, visit:

• bicycleambassadorprogram.org
• fcgov.com/saferoutes
• fcgov.com/fcbikes

Adult Programs

Everyday Cycling

Whether you are traveling to work, running errands or traveling to visit friends, you can Go By Bike. Learn the benefits of using a bike for transportation and how to make it possible. Learn what to ride, what to wear, what to carry, how to carry it, route selection, and safety techniques.

Age: 10 years & up

Location: Northside Aztlan Center

2/11 Th 7:00–8:30 PM No Fee 109591-01

4/18 M 6:30–8:00 PM No Fee 209591-01

Location: Edora Pool Ice Center

3/7 M 6:30–8:00 PM No Fee 109591-02

Location: Foothills Activity Center

3/30 W 4:30–6:00 PM No Fee 109591-03

Location: Senior Center

5/10 Tu 5:00–6:30 PM No Fee 209591-02

Bicycle Friendly Driver

(Formerly Sharing the Road with Cyclists) Discuss traffic safety laws and responsibilities for both cyclists and motorists, shared responsibilities, and how to avoid crashes or conflicts. Earn a Bicycle Friendly Driver certification upon completion of the course.

Age: 16 years & up

Location: Edora Pool Ice Center

3/7 M 4:00–5:30 PM No Fee 109592-02

4/5 Tu 6:30–8:00 PM No Fee 209596-01

Location: Foothills Activity Center

3/30 W 7:00–8:30 PM No Fee 109592-03

5/3 Tu 6:30–8:00 PM No Fee 209596-02

Smart Cycling

(Formerly Traffic Skills 101) This course for beginners, returning, and seasoned cyclists gives you confidence to ride safely and legally in traffic and on trails. Learn the rules of the road related to cycling, on-bike handling skills, crash avoidance techniques, and how to conduct bicycle safety checks.

Age: 14 years & up
Location: Westbridge Medical Suites

3/26 Sa 8:15 AM–4:30 PM No Fee 109590-02

5/19–5/21 Th,Sa 5:30–9:00 PM No Fee 209590-01
 Sa 8:30 AM–2:00 PM

Bike Safety & Health

Review safe riding for streets and trails, as well as basic bicycle maintenance skills and exercises/stretches to prepare you for the warm seasons ahead. Presenter: Stuart Peterson, MPT, Medical Center of the Rockies Outpatient Therapy

Location: Senior Center

3/10 Th 4:00–5:30 PM $10 225410-01

Cycle Touring Basics

Learn which bikes can be used for touring, the various types of panniers and trailers, camping equipment and clothing. Discuss training, bike-touring maps, and other essential resources.

Age: 14 years & up
Location: Senior Center

4/13 W 6:30–8:00 PM No Fee 209593-01

Cycling With Children

Discuss the benefits of cycling with children, kid-friendly gear and clothing, safety considerations, route selection, and how to teach children the rules of the road through bicycling.

Age: 16 years & up
Location: Foothills Activity Center

4/16 Sa 10:00–11:30 AM No Fee 209594-01

Learn to Ride – Women

Regardless of your age, it’s not too late to learn to ride a bicycle. Using a safe, easy, and effective method, students learn to balance, pedal, start, stop, steer, and how to properly fit and wear a helmet.

Age: 16 years & up
Location: Parking lot at 215 N Mason St. Bldg.

5/4–5/25 W 6:00–7:30 PM No Fee 209592-01

Women on a Roll

In this engaging class, learn tips and tricks for women interested in bicycling. Learn about woman-specific clothing and gear, where to ride, tips for biking with children, safety tips, and how to connect with local women’s cycling clubs and organizations. We also provide you with ways to make your ride more comfortable, convenient, and fun.

Age: 14 years & up
Location: Senior Center

5/10 Tu 7:00–8:30 PM No Fee 209595-01

Youth Programs

Learn to Ride

Learn methods from LCI Instructors on how to ride: start, stop, pedal, balance, steer, and how to properly wear a helmet.

Age: 6–15 years
Location: Edora Pool Ice Center

4/30 Sa 12:30 PM–2:30 PM $25 215984-01

5/21 Sa 12:30 PM–2:30 PM $25 215984-02

5/21 Sa 12:30 PM–2:30 PM $25 215984-03

7/23 Sa 12:30 PM–2:30 PM $25 215984-04

Spring Bike Camp

Learn basic rules for bicycling on trails and the road, safe cycling strategies, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Recreational riding takes place along City of Fort Collins multi-use trails. Note: Child must bring a functional bike (without training wheels), helmet, backpack, water, snacks, lunch, and sunscreen each day. A helmet can be provided.

Age: 9–12 years
Location: Edora Pool Ice Center

3/14–3/18 M–F 8:30 AM–12:30 PM $135 215985-01

Summer Bike Camp I

Designed for riders with only basic knowledge of bicycling. Learn rules for bicycling on trails and the road, safe cycling strategies, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Ride 4–8 miles per day.

Age: 6–8 years

Location: Edora Pool Ice Center

6/20–6/24 M–F 8:30 AM–12:30 PM $135 315985-02

Location: Northside Aztlan Center

7/5–7/8 Tu–F 8:30 AM–12:30 PM $108 315985-03

Location: Spring Canyon Park

6/6–6/10 M–F 8:30 AM–12:30 PM $135 315985-01

Age: 9–12 years
Location: Edora Pool Ice Center

6/27–7/1 M–F 8:30 AM–12:30 PM $135 315985-05

Location: Northside Aztlan Center

7/11–7/15 M–F 8:30 AM–12:30 PM $135 315985-06

Location: Spring Canyon Park

6/13–6/17 M–F 8:30 AM–12:30 PM $135 315985-04

Summer Bike Camp II

Learn more advanced skills, rules of the road, and ride 8–12 miles per day with a Safe Routes to School instructor. Also, receive a flat-repair kit and learn how to use it.

Location: Rolland Moore Park

Age: 6–8 years

7/18–7/22 M–F 8:30 AM–12:30 PM $135 315986-01

Age: 9–12 years

7/25–7/29 M–F 8:30 AM–12:30 PM $135 315986-02

Special Events

Bike Scavenger Hunt

Roll into spring and explore Fort Collins by bike with this fun scavenger hunt. Download clues and submit your completed scavenger hunt checklist to FC Bikes by May 2, 2016 to be entered to win prizes. Note: See fcgov.com/fcbikes for clues and submission options.

Age: All
Location: Fort Collins

3/1–5/2

Bike Safety Week

FC Bikes and Fort Collins Police Services are teaming up to make the roads safer for all users. During Bike Safety Week, cyclists and motorists are encouraged to Ride Smart and Drive Smart through increased education and enforcement. Look for officers and Bicycle Ambassadors around town. Note: For more information, visit fcgov.com/fcbikes.

Age: 10 years & up
Location: Fort Collins

4/3–4/9 M–Su 7:00–8:30 PM No Fee 209598-01

Bike to School Day

Celebrate National Bike to School Day by rolling to school on two wheels. Visit walkbiketoschool.org to register your school’s events and activities or to find out what your school is doing to celebrate.

Location: Fort Collins

5/4 W

Dance & Movement

Adult Programming

Ballet

Ballet, Beginning

An introduction to classical barre, positions, and steps. Note: Ages 13–17 years allowed with instructor approval.

Age: 18 years & up
Location: Club Tico

3/22–5/3 Tu 5:40–6:40 PM $46 206102-01

Ballet, Low-Intermediate

Continue work on basic technique. Note: Ages 13–17 years allowed with instructor approval.

Age: 16 years & up
Location: Empire Grange

3/21–5/2 M 5:45–7:00 PM $57 206103-01

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers.
Based on Cecchetti technique. Note: Ages 13–17 years allowed
with instructor approval.

Age: 18 years & up
Location: Club Tico

3/24–5/5 Th 5:45–7:00 PM $57 206104-01

Dance

West Coast Swing

Learn all the basic 4-, 6-, and 8- count patterns of this partner swing dance, including the started step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. Note: Lesson is from 8–9 p.m.; practice is from 9–9:30 p.m.

Age: 18 years & up
Location: Senior Center

3/2–3/23 W 8:00–9:30 PM $39 206440-01

4/6–4/27 W 8:00–9:30 PM $39 206440-02

5/4–5/25 W 8:00–9:30 PM $39 206440-03

Line Dance

Line Dance, Starter Class

Designed for those who are new to line dancing. Learn basic line dance steps, terminology, and easy choreography. Note: Participants can pay a drop-in fee prior to the class for $6.

Age: 18 years & up
Location: Senior Center

3/1–3/29 Tu 12:30–1:45 PM $19 206436-01

4/5–4/26 Tu 12:30–1:45 PM $16 206436-02

5/3–5/31 Tu 12:30–1:45 PM $19 206436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. Note: Participants can pay a drop-in fee prior to the class for $6.

Age: 18 years & up
Location: Senior Center

3/1–3/29 Tu 1:45–3:00 PM $19 206437-01

4/5–4/26 Tu 1:45–3:00 PM $16 206437-02

5/3–5/31 Tu 1:45–3:00 PM $19 206437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, and centering. Note: Ages 13–17 years allowed with instructor approval.

Age: 18 years & up
Location: Club Tico

3/22–5/3 Tu 6:45–7:45 PM $46 206156-01

Youth Programming

Acro-Dance

Acro-Dance, Pre K

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro levels Primary–Level 1. Note: Children are placed based on skill level. For more information, contact 970.619.1924.

Age: 3–5 years
Location: Club Tico

3/1–3/29 Tu 1:00–2:00 PM $40 216172-01

4/5–4/26 Tu 1:00–2:00 PM $40 216172-02

5/3–5/24 Tu 1:00–2:00 PM $40 216172-03

Acro-Dance, Beginners

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro Levels 2–4. Note: Children are placed based on skill level. For more information, contact 970.619.1924.

Age: 5–9 years
Location: Mulberry Pool

3/23–4/20 W 5:00–6:00 PM $49 216173-01

4/27–5/25 W 5:00–6:00 PM $49 216173-02

Acro Dance, Intermediate

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Acro Levels 6–7. Note: Children are placed based on skill level. For more information, contact 970.619.1924.

Age: 9 years & up
Location: Mulberry Pool

3/23–4/20 W 6:00–7:00 PM $49 216174-01

4/27–5/25 W 6:00–7:00 PM $49 216174-02

Ballet

Dancing Swans

This pre-ballet/movement class is an introduction to basic dance, movement, and body awareness activities using imagery and imaginative play. Note: This is a child without parent class. Class will not be held on 3/15.

Age: 3–4 years
Location: Club Tico

3/1–3/29 Tu 10:00–10:45 AM $32 216170-01

4/5–4/26 Tu 10:00–10:45 AM $32 216170-02

5/3–5/24 Tu 10:00–10:45 AM $32 216170-03

Petite Ballerinas

Learn pre-ballet movement skills and discover patterns, tempo, shapes, and memory skills. Note: Registration deadline is one week prior to class start.

Location: Northside Aztlan Center

Age: 3–4 years

3/4–3/25 F 11:45 AM–12:30 PM $44 216563-01

4/1–4/22 F 11:45 AM–Noon $44 216563-02

4/29–5/20 F 11:45 AM–Noon $44 216563-03

3/5–3/26 Sa 9:00–9:45 AM $44 216563-04

4/2–4/23 Sa 9:00–9:45 AM $44 216563-05

4/30–5/21 Sa 9:00–9:45 AM $44 216563-06

Age: 4–5 years

3/4–3/25 F 12:45–1:30 PM $44 216563-07

4/1–4/22 F 12:45–1:30 PM $44 216563-08

4/29–5/20 F 12:45–1:30 PM $44 216563-09

3/5–3/26 Sa Noon–12:45 PM $44 216563-10

4/2–4/23 Sa Noon–12:45 PM $44 216563-11

4/30–5/21 Sa Noon–12:45 PM $44 216563-12

Age: 5–6 years

3/5–3/26 Sa 10:00–10:45 AM $44 216563-13

4/2–4/23 Sa 10:00–10:45 AM $44 216563-14

4/30–5/21 Sa 10:00–10:45 AM $44 216563-15

Petite Ballet

Dedicated dancers begin to learn classical techniques of ballet. Note: Registration deadline is one week prior to class start.

Age: 7–11 years
Location: Northside Aztlan Center

3/5–3/26 Sa 11:00–11:45 AM $44 216564-01

4/2–4/23 Sa 11:00–11:45 AM $44 216564-02

4/30–5/21 Sa 11:00–11:45 AM $44 216564-03

General

Dancin’ Dumplin’s

An introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Note: Appropriate attire is required: leotard and tights, or t-shirt and shorts.

Age: 3 years
Location: Foothills Activity Center

3/24–4/21 Th 11:00–11:45 AM $41 116755-05

3/25–4/22 F 10:15–11:00 AM $41 116755-06

4/21–5/12 Th 11:00–11:45 AM $33 216755-01

4/22–5/13 F 10:15 AM–11:00 PM $33 216755-02

Dancin’ Dumplin’s Recital

This extended version of our regular Dancin’ Dumplin’s class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance. Recital will be held on a Saturday afternoon in the Spring. Date and time to be announced during class. Note: Appropriate attire is required: leotard and tights, or t-shirt and shorts. Fee includes recital costume.

Age: 4–5 years
Location: Foothills Activity Center

3/22–5/10 Tu 11:00 AM–Noon $103 116759-01

3/25–5/13 F 9:00–10:00 AM $103 116759-02

Just Dance Recital

A combination dance class that includes a ballet warm-up for
technique, gymnastics for alignment, and jazz combos for rhythm. Class focus is the recital performance. Recital will be held on a Saturday afternoon in the Spring. Date and time will be announced during class.

Age: 5.5–7.5 years
Location: Foothills Activity Center

3/23–5/11 W 6:00–7:00 PM $103 116754-01

Hip Hop

Hip Hop for Preschool

Learn the fundamentals of hip hop in a fun, appropriate environment. Hip hop, free style, tricks, and breakdancing could all be incorporated. Note: Class will not be held on 3/15.

Age: 3–5 years
Location: Club Tico

3/1–3/29 Tu 11:00–11:45 AM $32 216161-01

4/5–4/26 Tu 11:00–11:45 AM $32 216161-02

5/3–5/24 Tu 11:00–11:45 AM $32 216161-03

Hip Hop Dance

Learn new dance moves and put them into action with a trending song. Note: No gum. Wear loose workout clothes and tennis shoes. Class will not be held on 3/14, 3/19.

Location: Northside Aztlan Center

Age: 6–8 years

3/5–4/2 Sa 1:00–2:00 PM $30 215511-01

4/9–4/30 Sa 1:00–2:00 PM $30 215511-04

Age: 9–11 years

3/7–4/18 M 6:00–7:00 PM $43 215511-02

4/25–5/30 M 6:00–7:00 PM $43 215511-05

Age: 12–15 years

3/7–4/18 M 7:15–8:15 PM $43 215511-03

4/25–5/30 M 7:15–8:15 PM $43 215511-06

Tap

Tappin’ Dumplin’s

In this variation of our traditional Dancin’ Dumplins, participants explore a little tap dancing, as well as dance steps, movement, tumbling, and creativity. Note: Appropriate attire required: leotard and tights, or t-shirts and shorts. Tap shoes are encouraged; loaner shoes could be available from instructor.

Location: Foothills Activity Center

Age: 4–5 years

2/9–3/8 Tu 4:15–5:15 PM $55 116256-03

2/12–3/11 F 11:15–Noon $41 116256-04

Age: 5.5–8 years

2/9–3/8 Tu 5:30–6:30 $55 116256-06

Tappin’ Dumplins Recital

This extended version of our regular Tappin’ Dumplin’s class ends with a recital given for friends and family. Recital will be held on a Saturday afternoon in the spring. Date and time to be announced during class. Note: Appropriate attire required: leotard and tights,
or t-shirts and shorts. Tap shoes are encouraged; loaner shoes could be available from instructor.

Price includes recital costume.
Location: Foothills Activity Center

Age: 4–5 years

3/22–5/10 Tu 4:15–5:15 PM $103 116758-01

3/25–5/13 F 11:15 AM–12:15 PM $103 116758-02

Age: 5.5–8 years

3/22–5/10 Tu 5:30–6:30 PM $103 116758-03

Tumbling

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use equipment. Flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills taught. Note: Appropriate attire is required: leotard and tights, or t-shirt and shorts.

Location: Foothills Activity Center

Age: 4–5 years

3/23–4/20 W 4:15–5:15 PM $55 116779-05

4/11–5/16 M 4:15–5:15 PM $55 216779-01

4/27–5/18 W 4:15–5:15 PM $55 216779-02

Age: 5–6 years

4/11–5/16 M 5:30–6:30 PM $55 216779-03

Age: 6–7 years

4/7–5/12 Th 4:15–5:15 PM $55 216779-04

Just Tumbling

Emphasis is on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine.

Age: 7–8 years
Location: Foothills Activity Center

4/7–5/12 Th 6:00–7:15 PM $81 216778-01

Day Camps

Keep busy and meet new friends while out of school during break
by joining Recreation for some fun and adventurous camps! Below are just a few of the upcoming Day Camps available. For information about Bike Camps, see page 37. For information about Day Camps
at the Farm, see page 57. For information about Gardens Camps,
see page 71.

When registering, be sure to note any allergies. Please pack a water bottle, sack lunch, and sunscreen, and dress appropriately for the weather and activities.

Spring Break Camp at NACC

Enjoy a variety of activities such as gym play, arts and crafts, outdoor play, STEM activities, and an off-site fieldtrip. Receive a camp itinerary on Day 1. Note: Drop-off time is between 8–9 a.m.

Location: Northside Aztlan Center

Grade: Kindergarten–2

3/14–3/18 M–F 8:00 AM–5:00 PM $152 216592-01

Grade: 3–5

3/14–3/18 M–F 8:00 AM–5:00 PM $130 216592-02

Grade: 6–9

3/14–3/18 M–F 8:00 AM–5:00 PM $152 216592-03

Summer Adventure

Enjoy outdoor play, cooking, crafts, games, swimming, skating, and a weekly field trip. A weekly itinerary of activities is given out on Monday. Note: Class partially discountable.

Age: 7–12 years
Location: Edora Pool Ice Center

6/6–6/10 M–F 8:00 AM–5:00 PM $152 316380-01

6/13–6/17 M–F 8:00 AM–5:00 PM $152 316380-02

6/20–6/24 M–F 8:00 AM–5:00 PM $152 316380-03

6/27–7/1 M–F 8:00 AM–5:00 PM $152 316380-04

7/5–7/8 Tu–F 8:00 AM–5:00 PM $121 316380-05

7/11–7/15 M–F 8:00 AM–5:00 PM $152 316380-06

7/18–7/22 M–F 8:00 AM–5:00 PM $152 316380-07

7/25–7/29 M–F 8:00 AM–5:00 PM $152 316380-08

8/1–8/5 M–F 8:00 AM–5:00 PM $152 316380-09

8/8–8/12 M–F 8:00 AM–5:00 PM $152 316380–10

Kids On-the-Go Half Day Camp

Break up summer boredom with on-the-go activities scheduled every day. Active outdoor play, swimming, hiking, field trips and cooking are all part of the fun. The week’s itinerary is handed out each Monday. Note: Class partially discountable. Drop-off time is between 1–1:30 p.m.; pick-up time is between 5–6 p.m.

Location: Northside Aztlan Center
Grade: 1-6

6/6–6/10 M–F 1:00–6:00 PM $105 316582-01

6/13–6/17 M–F 1:00–6:00 PM $105 316582-02

6/20–6/24 M–F 1:00–6:00 PM $105 316582-03

6/27–7/1 M–F 1:00–6:00 PM $105 316582-04

7/5–7/8 Tu–F 1:00–6:00 PM $85 316582-05

7/11–7/15 M–F 1:00–6:00 PM $105 316582-06

7/18–7/22 M–F 1:00–6:00 PM $105 316582-07

7/25–7/29 M–F 1:00–6:00 PM $105 316582-08

8/8–8/12 M–F 1:00–6:00 PM $105 316582-10

8/1–8/5 M–F 1:00–6:00 PM $105 316582-09

Survival in Woods Nature Camp

Learn what to do if you ever get lost in the woods. This class addresses shelter building, water safety, edible forest foods, and basic camping skills. Make a survival kit and on Fridays, go on a field trip to a local hiking trail. Note: Class partially discountable.

Age: 8–12 years
Location: Lee Martinez Park

6/6–6/10 M–F 9:00 AM–3:00 PM $159 316981-01

6/13–6/17 M–F 9:00 AM–3:00 PM $159 316981-02

6/20–6/24 M–F 9:00 AM–3:00 PM $159 316981-03

6/27–7/1 M–F 9:00 AM–3:00 PM $159 316981-04

7/5–7/8 Tu–F 9:00 AM–3:00 PM $128 316981-05

7/11–7/15 M–F 9:00 AM–3:00 PM $159 316981-06

7/18–7/22 M–F 9:00 AM–3:00 PM $159 316981-07

7/25–7/29 M–F 9:00 AM–3:00 PM $159 316981-08

8/1–8/5 M–F 9:00 AM–3:00 PM $159 316981-09

8/8–8/12 M–F 9:00 AM–3:00 PM $159 316981-10

Teen Supercamp Series

Age: 12–15 years
Location: Northside Aztlan Center

Note: Bring a bike and helmet on Thursdays.

Super Hero Camp

Learn the trademark skills of all the super heroes. Bike to catch a movie, master archery like Katniss, and zip line down a mountain like Spider Man at YMCA of the Rockies.

6/7–6/10 Tu–F 8:00 AM–5:00 PM $180 315553-02

Chef Camp I

Grill at City Park to create appetizers and dishes, visit with the Waffle Lab, and finish with an Iron Chef Challenge.

6/14–6/17 Tu–F 8:00 AM–5:00 PM $180 315553-01

Outdoor Adventure

Get ready for a week of adventure that includes rock climbing at Inner Strength Gym, swimming at Boyd Lake, biking Fort Collins trails, and hiking near Estes Park.

6/21–6/24 Tu–F 8:00 AM–5:00 PM $180 315553-03

Camp Extreme

Fly High Trampoline Park, rocks climbing at Inner Strength Gym, and Loveland Laser Tag are part of the fun.

6/28–7/1 Tu–F 8:00 AM–5:00 PM $180 315553-05

Camp Relaxation

Discover your inner goddess while you build your self-confidence, strength, and mind. Practice yoga, make jewelry, bike to Dairy Queen, and take a trip to get manicures or pedicures.

7/5–7/8 Tu–F 8:00 AM–5:00 PM $180 315553-04

Challenge Camp

Hike Horsetooth, bike to a destination decided by the campers, and take on the Challenge Course at YMCA of the Rockies.

7/12–7/15 Tu–F 8:00 AM–5:00 PM $180 315553-06

Splash Camp

Raft with Rocky Mountain Adventures, swim at City Park Pool, and bike to EPIC’s ice skating rink to cool off.

7/19–7/22 Tu–F 8:00 AM–5:00 PM $180 315553-07

Chef Camp II

Join us for another round of cookbooks, appetizers, and Iron Chef Challenges. Meet with a chef from Beau Jo’s Pizza and create your own personal pizzas.

7/26–7/29 Tu–F 8:00 AM–5:00 PM $180 315553-08

Outdoor Adventure II

Get ready another round of outdoor adventure! Raft with Rocky Mountain Adventures, stand up paddle, bike Fort Collins trails, and exploring Moraine Park in Rocky Mountain National Park.

8/2–8/5 Tu–F 8:00 AM–5:00 PM $180 315553-09

Early Learning

Early Learning courses are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Most classes for children ages 3 years & older are Child Without Parent Classes. Classes in which parents are required
or permitted to attend are listed in the Child With Parent Classes
on page 46.

It is recommended that children enrolled in classes without a
parent/guardian are toilet trained. Children not yet toilet trained
are welcome to attend classes. However, parents must be available to attend to toileting needs. City of Fort Collins Recreation staff
is not permitted to change diapers.

Please note food allergies when registering.

Early Learning classes are partially discountable for those who qualify unless otherwise noted.

For programming designed for youth ages 6 years & up,
browse the youth portions in the other sections of the Recreator
(Ex. Education – Youth).

Child Without Parent Classes

Ages 2–6 years

Funtime Classes

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended. Note: Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures.

Age: 2.5–3.5 years
Location: Northside Aztlan Center

3/22–4/21 Tu,Th 9:30–11:00 AM $78 217503-01

4/26–5/19 Tu,Th 9:30–11:00 AM $63 217503-02

Funtime for Preschoolers

Arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are only part of the fun. Previous class experience recommended. Children must have turned 3 years old by 9/15/2015. Note: Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures. Class will not be held on 3/15, 3/17.

Age: 3–4 years
Location: Northside Aztlan Center

2/16–3/31 Tu,Th 9:30 AM–Noon $157 117501-02

4/5–5/12 Tu,Th 9:30 AM–Noon $157 117501-03

Funtime Adventures

Fundamental kindergarten readiness skills, arts and crafts, creative play, and pool time are all incorporated into this enrichment class
for preschoolers. Students waitlisted in Funtime classes are encouraged to enroll in this class. Note: Clothing for swimming needed on Thursdays; wear swimsuits under clothing. Class will not be held
on 3/15, 3/17.

Age: 3–5 years
Location: Mulberry Pool

3/1–3/31 Tu,Th 12:30–3:00 PM $105 217205-01

4/5–5/12 Tu,Th 12:30–3:00 PM $105 217205-02

Funtime Pre-K

Develop fundamental kindergarten readiness skills such as small-motor, literacy, emerging reading/writing, pre-math skills, arts and crafts, movement/physical education, drama, and social skills. Children must have turned 4 by 9/15/2015. Note: Funtime closures/holidays correspond to the Poudre School District schedule. Funtime does not follow PSD weather closures. Class will not be held on 2/15, 2/26, 3/14, 3/16, 3/18, 4/8.

Age: 4–5 years
Location: Northside Aztlan Center

2/17–4/1 M,W,F 9:30 AM–Noon $197 117500-02

4/4–5/13 M,W,F 9:30 AM–Noon $223 117500-03

General

Curious Twos

For this first time away from Mom and Dad, children have fun playing games, making crafts, and hearing stories. Class will not be held on 3/14, 3/16.

Age: 2 years
Location: Northside Aztlan Center

2/29–3/30 M,W 9:30–10:30 AM $42 217504-01

2/29–3/30 M,W 11:00 AM–Noon $42 217504-02

4/4–4/27 M,W 9:30–10:30 AM $42 217504-03

4/4–4/27 M,W 11:00 AM–Noon $42 217504-04

5/2–5/18 M,W 9:30–10:30 AM $31 217504-05

5/2–5/18 M,W 11:00 AM–Noon $31 217504-06

Fun and Fitness

Develop a healthy fitness habit in a fun, festive atmosphere.
Also enjoy arts and crafts, social time, and story time.
Note: Parents – check out our adult fitness classes that run
concurrently with this class.

Age: 2–4 years
Location: Foothills Activity Center

3/1–3/10 Tu,Th 9:30–11:30 AM $42 217758-01

3/22–4/14 Tu,Th 9:30–11:30 AM $84 217758-02

4/19–5/19 Tu,Th 9:30–11:30 AM $105 217758-03

Disney Delights

This Disney themed class is absolutely delightful. Crafts, games, music, and story time are all part of the fun.

Age: 3–5 years
Location: Mulberry Pool

Frozen

3/4 F 1:00–2:30 PM $12 217240-01

Minions

3/25 F 1:00–2:30 PM $12 217240-02

Cars

4/8 F 1:00–2:30 PM $12 217240-03

Tangled

4/22 F 1:00–2:30 PM $12 217240-04

Inside Out

5/6 F 1:00–2:30 PM $12 217240-05

Lunch and Learn

Bring your lunch, make new friends, and learn something new. This enrichment class compliments most pre-k and half day kindergarten programs. Note: Parents - check out our fitness classes that run concurrently with this class.

Age: 3–5 years
Location: Foothills Activity Center

2/29–3/9 M,W 12:30–2:30 PM $42 217712-01

3/21–4/13 M,W 12:30–2:30 PM $84 217712-02

4/18–5/18 M,W 12:30–2:30 PM $113 217712-03

Once Upon A Time in the Kitchen

Have fun cooking up foods featured in your favorite books.

Age: 3–5 years
Location: Northside Aztlan Center

3/4 F 9:30–11:00 AM $20 217522-01

3/25 F 9:30–11:00 AM $20 217522-02

4/8 F 9:30–11:00 AM $20 217522-03

4/22 F 9:30–11:00 AM $20 217522-04

Preschool Tools

Under close adult supervision, preschoolers have hands-on practice using real tools.

Age: 3–5 years
Location: Mulberry Pool

Hammers and Nails

3/7 M 1:00–2:00 PM $12 217256-01

Screws, Bolts, Nuts

4/4 M 1:00–2:00 PM $12 217256-02

Take-it-apart

5/2 M 1:00–2:00 PM $12 217256-03

Playdough World

Spend time creating scented, edible, and even glow in the
dark playdough. Also create your very own worlds made completely from playdough.

Age: 3–5 years
Location: Northside Aztlan Center

3/24–4/7 Th 1:00–2:30 PM $30 217547-01

Pretend with Friends

Play pretend, make new friends, and discover more about yourself and the world.

Age: 3–5 years
Location: Mulberry Pool

Pizza Parlor

3/11 F 1:00–2:30 PM $12 217250-01

Prince and Princess

4/1 F 1:00–2:30 PM $12 217250-02

Camping

4/15 F 1:00–2:30 PM $12 217250-03

Astronaut

4/29 F 1:00–2:30 PM $12 217250-04

Fairies and Gnomes

5/13 F 1:00–2:30 PM $12 217250-05

When I Grow Up

Using themed props and dress up clothes, children use their imaginations to pretend and learn about grown-up jobs.

Age: 3–5 years
Location: Mulberry Pool

Construction Worker

3/21 M 1:00–2:30 PM $10 217244-01

Policeman

3/28 M 1:00–2:30 PM $10 217244-02

Teacher

4/11 M 1:00–2:30 PM $10 217244-03

Doctor/EMT

4/18 M 1:00–2:30 PM $10 217244-04

Veterinarian

4/25 M 1:00–2:30 PM $10 217244-05

Mail Carrier

5/9 M 1:00–2:30 PM $10 217244-06

Fire Fighter

5/16 M 1:00–2:30 PM $10 217244-07

Afternoon Adventures

Moms and Dads, do you need an afternoon to yourself? Wouldn’t it be nice to run errands, go out to lunch, play golf, or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities. Note: Participants should dress for the weather and bring a water bottle. Snack provided.

Age: 3–6 years

Location: Northside Aztlan Center

3/2 W 1:00–5:00 PM $22 217513-01

3/23 W 1:00–5:00 PM $22 217513-02

4/6 W 1:00–5:00 PM $22 217513-03

4/20 W 1:00–5:00 PM $22 217513-04

5/4 W 1:00–5:00 PM $22 217513-05

Location: Foothills Activity Center

3/4 F 1:00–5:00 PM $22 217713-01

4/15 F 1:00–5:00 PM $22 217713-02

4/29 F 1:00–5:00 PM $22 217713-03

5/13 F 1:00–5:00 PM $22 217713-04

Builders & Bulldozers

Help build and destroy life size structures. Class includes dramatic play, and arts and crafts.

Age: 3–6 years
Location: Northside Aztlan Center

3/1 Tu 1:00–2:30 PM $14 217553-01

Frozen Yoga Adventure

Do you want to build a snowman? Join your favorite Frozen friends on a magical yoga adventure to Arendale. Meet all kinds of animals as we journey through the wintry woods and monstrous mountains in search of Elsa’s magical castle, where we’ll have a sing along dance party to your favorite Frozen songs.

Age: 3–6 years
Location: KidsCrave Yoga, 4206 S. College Ave., #107

3/4 F 11:00 AM–Noon $20 218967-01

Hello Kitty

Stories, crafts, snack, and games themed around Hello Kitty.

Age: 3–6 years
Location: Northside Aztlan Center

3/10 Th 1:00–2:30 PM $14 217546-01

Hospital Helpers

A class specifically for those who love to help. Simulate what it is like to be a doctor or nurse and learn how to take care of minor cuts, scrapes, and bruises.

Age: 3–6 years
Location: Northside Aztlan Center

3/22–4/5 Tu 1:00–2:30 PM $30 217545-01

I Want to be a Scientist

Conduct hands-on investigations and discover the world of science.

Age: 3–6 years
Location: Northside Aztlan Center

Paleontology

3/23 W 1:00–2:30 PM $16 217507-01

Astronomy

3/30 W 1:00–2:30 PM $16 217507-02

Magnets

4/6 W 1:00–2:30 PM $16 217507-03

Oceanography

4/27 W 10:00–11:30 AM $16 217507-04

Concoctions

5/4 W 10:00–11:30 AM $16 217507-05

Vet Medicine

5/11 W 10:00–11:30 AM $16 217507-06

Entomology

5/18 W 1:00–2:30 PM $16 217507-07

Little Yogis

Explore movement through animated poses, games, art, music, and breathing exercises that help to strengthen coordination and build body awareness. Bark in downward dog, hiss in cobra, and take a yoga journey you’ll never forget. Note: Class partially discountable. All sessions will be different, so sign up for as many as you like. Class will not be held on 3/20.

Age: 3–6 years
Location: KidsCrave Yoga, 4206 S. College Ave., #107

3/4–4/1 F 10:00–10:45 AM $38 217955-01

4/8–4/29 F 10:00–10:45 AM $38 217955-02

5/6–5/27 F 10:00–10:45 AM $38 217955-03

Munchkin Math

Explore a broad range of skill sets including sorting, sequencing, recognizing patterns and shapes, simple measurement, and number/numeral recognition.

Age: 3–6 years
Location: Northside Aztlan Center

5/12 Th 1:00–2:30 PM $14 217541-01

Pinkalicious

Have fun with arts and crafts, cupcakes, and stories – all in pink. Note: Class partially discountable.

Age: 3–6 years
Location: Northside Aztlan Center

5/10 Tu 1:00–2:30 PM $14 217537-01

A Pirate’s Life for Me

Jump aboard Matey! Help our crew search and find the hidden treasure. Class includes dramatic play and arts and crafts. Class will not be held on 3/18.

Age: 3–6 years
Location: Northside Aztlan Center

4/14–4/28 Th 1:00–2:30 PM $30 217551-01

Sofia the First

Join Sofia in finding out what it is like to be a princess.

Age: 3–6 years
Location: Northside Aztlan Center

3/3 Th 1:00–2:30 PM $14 217536-01

Super Heroes

Create your own super hero. Then, dress up and play like legendary super heroes.

Age: 3–6 years
Location: Northside Aztlan Center

4/12–4/26 Tu 1:00–2:30 PM $30 217548-01

Lunch Bunch Enrichment

Bring your lunch, make new friends, and learn something new. This enrichment class complements most pre-k and half day kindergarten programs. Note: Participants may drop-in for $10 per day. Class maximum is 12. Class will not be held on 1/18, 2/26, 3/14–18.

Age: 4–6 years
Location: Northside Aztlan Center

2/22–3/28 M Noon–2:00 PM $42 117509-02

4/4–5/2 M Noon–2:00 PM $42 117509-03

1/6–2/10 W Noon–2:00 PM $51 117509-04

2/17–3/30 W Noon–2:00 PM $51 117509-05

4/6–5/4 W Noon–2:00 PM $42 117509-06

1/8–2/12 F Noon–2:00 PM $51 117509-07

2/19–4/1 F Noon–2:00 PM $42 117509-08

4/15–5/6 F Noon–2:00 PM $34 117509-09

Child With Parent Classes

Ages 0–4 years

Baby Gym

Now a special gym time just for babies ages 0–18 months. Babies crawl on mats and through tunnels, play with balls and blocks, or challenge themselves on the soft obstacle course. Registration not required. $2.50 per child; adults are free. Note: Class will not be held on 3/18.

Age: 0–2 years
Location: Northside Aztlan Center

1/8–5/13 F 9:30–11:30 AM $2.50 117599-01

Tot Gym

Balls, blocks, a mini obstacle course, and other activities are set-up for you and your youngsters to enjoy together. No need to register, just come on in! Registration not required. $2.50 per child; adults are free. Youth ages 12 months and younger also free. Note: Class will not be held on 3/14–16.

Age: 0–6 years

Location: Northside Aztlan Center

1/5–5/12 Tu–Th 10:00 AM–Noon $2.50 117598-01

Location: Foothills Activity Center

1/15–5/13 F 10:00 AM–Noon $2.50 117798-01

Bilingual Story Time

Stories are shared in Spanish and English. Presented by Poudre River Library District. Note: Class will not be held on 3/18.

Age: 12 months & up
Location: Foothills Activity Center

3/4–5/13 F 10:00–10:45 AM No Fee 217782-01

Shake, Rattle, & Roll

Sing and play simple games, finger plays, and instruments. Note: Class will not be held on 3/17, 3/24.

Age: 12 months–3 years
Location: Foothills Activity Center

3/3–3/31 Th 9:30–10:15 AM $24 217775-01

4/7–4/28 Th 9:30–10:15 AM $32 217775-03

5/5–5/19 Th 9:30–10:15 AM $24 217775-05

3/3–3/31 Th 10:30–11:15 AM $24 217775-02

4/7–4/28 Th 10:30–11:15 AM $32 217775-04

5/5–5/19 Th 10:30–11:15 AM $24 217775-06

Splish Splash Playgroup

Activities include arts and crafts, music, social time, and pool play. This is a great opportunity for parents to meet while their children socialize and play. Note: Older siblings may attend and participate for a drop-in fee of $5.

Age: 12 months–2 years
Location: Mulberry Pool

2/26–3/11 F 10:00–11:30 AM $24 217290-01

3/25–4/8 F 10:00–11:30 AM $24 217290-02

4/15–4/29 F 10:00–11:30 AM $24 217290-03

5/6–5/20 F 10:00–11:30 AM $24 217290-04

Small Hands, Big Messy Art

Have a ball making a mess in this hands-on art class. Paint, shaving cream, flubber, and playdough are just of few of the things you’ll get your hands on....and in!

Age: 18 months–2 years
Location: Mulberry Pool

2/29–3/7 M 9:30–10:15 AM $15 217285-01

3/21–4/4 M 9:30–10:15 AM $22 217285-02

4/11–4/25 M 9:30–10:15 AM $22 217285-03

5/2–5/16 M 9:30–10:15 AM $22 217285-04

Toddlertime

A combination of fun fitness games, activities, stories, crafts and movement, this class focuses on creativity and imagination.

Age: 18 months–2 years
Location: Mulberry Pool

3/1–3/8 Tu 11:00 AM–Noon $16 217262-01

3/22–4/5 Tu 11:00 AM–Noon $24 217262-02

4/12–4/26 Tu 11:00 AM–Noon $24 217262-03

5/3–5/17 Tu 11:00 AM–Noon $24 217262-04

Baby Ballerinas

Explore body movement and awareness in this fun and imaginative class. Note: Class will not be held on 3/15.

Age: 2 years
Location: Club Tico

3/1–3/29 Tu 9:00–9:45 AM $32 217196-01

4/5–4/26 Tu 9:00–9:45 AM $32 217196-02

5/3–5/24 Tu 9:00–9:45 AM $32 217196-03

Little Explorers

Science, movement, arts and crafts, and music – experience a different kind of class each week.

Age: 2 years
Location: Mulberry Pool

3/1–3/8 Tu 9:30–10:30 AM $16 217261-01

3/22–4/5 Tu 9:30–10:30 AM $24 217261-02

4/12–4/26 Tu 9:30–10:30 AM $24 217261-03

5/3–5/17 Tu 9:30–10:30 AM $24 217261-04

Mother Hubbard’s Cupboard

Each class is themed with hands-on activities and includes cooking, arts and crafts, and story time.

Age: 2 years
Location: Northside Aztlan Center

Green Treats

3/11 F 10:00–11:00 AM $16 217571-01

Bunnies and Chicks

4/1 F 10:00–11:00 AM $16 217571-02

Teddy Bear Treats

4/15 F 10:00–11:00 AM $16 217571-03

Caterpillar Cupcakes

4/29 F 10:00–11:00 AM $16 217571-04

Parent and Tot Science

Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2–3 years
Location: Northside Aztlan Center

3/2–3/9 W 10:00–11:00 AM $20 217560-01

4/13–4/20 W 10:00–11:00 AM $20 217560-02

5/18–5/25 W 10:00–11:00 AM $20 217560-03

Roly Polys

Discover the world of gymnastics. Work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent. Note: Wear appropriate clothing: leotards/footless tights, or t-shirt and shorts/sweats; no jeans or jewelry.

Location: Foothills Activity Center

Age: 2 years

4/25–5/16 M 10:00–10:45 AM $33 217795-01

4/25–5/16 M 11:05–11:50 AM $33 217795-02

4/27–5/18 W 10:30–11:15 AM $33 217795-03

3/21–4/18 M 10:00–10:45 AM $41 117795-09

3/21–4/18 M 11:05–11:50 AM $41 117795-10

3/23–4/20 W 10:30–11:15 AM $41 117795-11

Age: 3 years

4/25–5/16 M 9:00–9:45 AM $33 217795-04

4/27–5/18 W 9:30–10:15 AM $33 217795-05

1/4–2/1 M 9:00–9:45 AM $33 117795-12

1/6–2/3 W 9:30–10:15 AM $41 117795-13

2/8–3/7 M 9:00–9:45 AM $33 117795-14

2/10–3/9 W 9:30–10:15 AM $41 117795-15

3/21–4/18 M 9:00–9:45 AM $41 117795-16

3/23–4/20 W 9:30–10:15 AM $41 117795-17

S.T.E.M. Together

Enjoy exploring S.T.E.M (Science, Technology, Engineering, and Mathematics) activities with your child.

Age: 3–5 years
Location: Northside Aztlan Center

Sewing & Machines

3/23 W 10:00–11:30 AM $12 217563-01

Airplanes /Launchers

3/30 W 10:00–11:30 AM $12 217563-02

Building Bridges

4/6 W 10:00–11:30 AM $12 217563-03

Sewing & Machines

4/27 W 1:00–2:30 PM $12 217563-04

Airplanes/Launchers

5/4 W 1:00–2:30 PM $12 217563-05

Building Bridges

5/11 W 1:00–2:30 PM $12 217563-06

Education

Adult Programming

Bridge

Introduction to Duplicate

Quarterly drop-in game for people new to Duplicate Bridge to develop skills and have companionable play in preparation for the weekly Friday duplicate bridge game.

Age: 18 years & up
Location: Senior Center

4/3 Sun 1:00–4:30 PM $3.50

 $2.80 member price

Bridge Mentoring – M

Learn Bridge under the instruction of a mentor. Mentoring instruction is based on Standard American Bridge. Instructor gives half hour review then helps work through the play of the hands.

Age: 18 years & up
Location: Senior Center

3/14 M 6:00–8:30 PM No fee

3/28 M 6:00–8:30 PM No fee

4/11 M 6:00–8:30 PM No fee

4/25 M 6:00–8:30 PM No fee

5/9 M 6:00–8:30 PM No fee

5/23 M 6:00–8:30 PM No fee

Bridge Defense

Take the skills learned through Bridge Beginning 2 or playing experience and build upon them by looking at play by defenders including leads, playing strategies, signals, and interfering. The ACBL book, Defense in the 21st Century, will be used. Prerequisite: Beginning Bridge 2 or instructor permission.

Age: 18 years & up
Location: Senior Center

3/30–5/18 W 6:00–8:30 PM $75 212467-01

 $65.85 member

Modern Notrump “Play” Course

Practice bridge playing and bidding concepts learned through Bridge Beyond Beginning classes or playing experience using structured play in the ACBL Modern Notrump “Play” Course manual. Prerequisite: Bridge Beyond Beginning or instructor permission. Price includes supplies. Note: Price includes supplies.

Age: 18 years & up
Location: Senior Center

4/4,4/18,5/2,5/16 M 5:30–8:30 PM $38 212470-01

 $33.65 member

CPR & First Aid

CPR & First Aid

Learn basic first aid procedures as well as adult, child, and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included. Note: Class not discountable.

Age: 14 years & up
Location: Senior Center

3/5 Sa 9:00 AM–5:00 PM $77 207441-01

4/9 Sa 9:00 AM–5:00 PM $77 207441-02

5/7 Sa 9:00 AM–5:00 PM $77 207441-03

CPR Professional

Learn skills for of adult, child, and infant CPR including the use of a barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications. Note: Includes AHA student text. Class not discountable.

Age: 18 years & up
Location: Senior Center

3/9 W 5:30–9:30 PM $77 207442-01

4/6 W 5:30–9:30 PM $77 207442-02

5/4 W 5:30–9:30 PM $77 207442-03

Wilderness 1st Aid

This course includes assessment, short and long term management of injury, medical emergencies, and conditions when definitive care is more than one hour away. The field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. Note: AAOS Emergency Care and Safety Institute Certification will be issued upon successful completion of the course and is valid for three years. Book included. Class not discountable.

Age: 18 years & up
Location: Senior Center

5/10–5/12 Tu,Th 5:30–9:30 PM $155 207443-01

5/14 Sa 9:00 AM–5:00 PM

Cooking

Slow Cooker Curries

Let your slow cooker make an authentic Indian Curry for your dinner tonight. Join Sapna for this easy, delicious, gluten-free, dairy-free, and vegetarian class. Menu: Spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

Age: 18 years & up
Location: Senior Center

3/1 Tu 6:00–8:30 PM $35 207424-01

Tacos Non Traditionale

Explore vegetarian versions of a taco with exotic fillings like jackfruit, eggplant, sweet potato, and cauliflower paired with spices from around the world. Menu is gluten-free and vegan friendly.

Age: 18 years & up
Location: Senior Center

3/3 Th 6:00–8:30 PM $35 207425-01

World Curries

Prepare curries from around the world. All recipes are gluten-free
and vegan friendly. Menu: Indian eggplant vindaloo, Caribbean mixed vegetable curry, Indonesian tofu rending, and Jamaican plantains.

Age: 18 years & up
Location: Senior Center

3/24 Th 6:00–8:30 PM $35 207426-01

Food for Life: Cancer Project

Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This 4-class series includes discussion on maintaining a healthy weight and a variety of cancer related topics demonstrating how to prepare delicious, simple, and healthy meals that can easily be recreated at home. Topics: How Foods Fight Cancer; Low-Fat, High-Fiber Foods; Discovering Dairy
and Meat Alternatives; Cancer-fighting Compounds; and Healthy Weight Control.

Age: 18 years & up
Location: Senior Center

3/29–4/19 Tu 6:00–8:00 PM $90 207427-01

3/29 Tu 6:00–8:00 PM $20 207427-02

Dal 101 – Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: Lentil appetizer, saag (spinach and lentil curry), and lentil stew served over basmati rice.

Age: 18 years & up
Location: Senior Center

3/31 Th 6:00–8:30 PM $35 207428-01

Thai Cooking – 1st Course

Thai cuisine is all about balancing the complexity of sour, sweet, salty, and spicy flavors into a harmonious dish. Combine aromatic herbs and spices with traditional ingredients to balance the unique flavors found in Thai cuisine. Menu: Kanom jeen nam ya (fish curry sauce, rice noodles, fresh vegetables); gaeng kiaw wan (green curry); Thai dipping sauce; tub tim grob (crunchy coated water chestnuts).

Age: 18 years & up
Location: Senior Center

4/5 Tu 6:00–8:30 PM $35 207433-01

Thai Cooking – 2nd Course

Who needs takeout when you can easily create delicious Thai food at home? You will learn to use aromatic herbs and spices with authentic ingredients to create the flavors that make Thai food uniquely delicious. Note: Tom yum soup (spicy and sour soup with lemongrass); galangal and kaffir lime leaves; pad prik khing(stir fried green beans with curry paste); pad nam prik pao; jasmine rice; Thai dipping sauce.

Age: 18 years & up
Location: Senior Center

5/4 W 6:00–8:30 PM $35 207434-01

Coconut ‘Cuckoo’ Curries

Discover a couple of modern spins on traditional coconut curry. Coconut has a magic all its own mutating even the most average curry into a very flavorful dish to savor. These variations on curries are delicious, vegetarian, and healthy. Menu: Vegetable stew, kale with coconut, beets with coconut, and spicy pineapple.

Age: 18 years & up
Location: Senior Center

4/21 Th 6:00–8:30 PM $35 207429-01

Zen and the Art of Street Food

There are many mouthwatering street foods in different places all around the world. All it takes for the great masters is a tiny stove, elementary tools, and an immersion into the soul and Zen of the food. Note: All recipes are vegan friendly.

Age: 18 years & up
Location: Senior Center

5/2 M 6:00–8:30 PM $35 207430-01

Healthy Greens, Indian Style

Journey into the world of East Indian preparations of leafy greens. A nutritional powerhouse, greens are delicious sautéed and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet. Menu: Collard greens with coconut, saag (spinach and lentil curry), kale with potatoes, and carrot pudding.

Age: 18 years & up
Location: Senior Center

5/12 Th 6:00–8:30 PM $35 207431-01

General

Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfare, accommodation, cruises, entertainment, and creative lodging ideas, all for a fraction of the usual cost. Note: The textbook is available for an optional fee of $15; this cost can be removed from the class cost if you elect not to use the book.

Age: 18 years & up
Location: Senior Center

3/4 F 6:00–8:00 PM $50 207476-01

5/2 M 6:00–8:00 PM $50 207476-02

Beginner Juggling

Learn the basic Cascade (figure eight) juggling pattern, as well as work with a partner to try other fun experiments. Note: Please bring three balls to class if possible; equipment for use also available.

Age: 18 years & up
Location: Senior Center

3/30–4/20 W 7:00–8:00 PM $10 207459-01

Good Dogs Out on the Town

Learn the latest training techniques while having fun teaching your dog to be more attentive and obedient. Practice what you have taught your dog on field trips throughout Fort Collins.

Age: 18 years & up
Location: Northside Aztlan Center

4/26–5/31 Tu 5:30–6:30 PM $80 207462-01

Parenting Series

Nurturing Your Child’s Self Esteem

Take a closer look at self-esteem and its various components to better understand how to build a solid foundation in the early years. Families with children ages 2–8 years old will find ideas and suggestions that easily apply.

Age: 18 years & up
Location: Senior Center

3/9 W 6:30–8:30 PM $20 207470-01

The Language of Encouragement

Encouragement provides positive and realistic feedback that can have a powerful impact on behavior. Parents learn how to use the power of words to strengthen the parent/child bond and encourage good behavior. Note: Appropriate for parents of elementary aged children.

Age: 18 years & up
Location: Senior Center

3/23 W 6:30–8:30 PM $20 207471-01

Effective Discipline

Effective discipline helps the child learn to make better choices. Rewards and punishments have a faster impact, but research shows that in the long run there are many negative outcomes. Learn how to approach behavior challenges with procedures that encourage cooperation, form agreements, and introduce problem solving. Note: Appropriate for families with children ages 2–8 years old.

Age: 18 years & up
Location: Senior Center

4/6 W 6:30–8:30 PM $20 207472-01

The Four Mistaken Goals of Mistaken Behavior

Social psychologists Alfred Adler and Rudolf Dreikurs laid the groundwork for helping adults guide children to be their best selves. When parents understand the child’s real need behind the misbehavior, they can help satisfy the unmet need and avoid developing challenging patterns in the parent/child relationship. Note: Appropriate for parents of elementary aged children.

Age: 18 years & up
Location: Senior Center

4/20 W 6:30–8:30 PM $20 207473-01

Importance of Emotional Intelligence

Emotional and social intelligence are said to be more important than IQ in contributing to a person’s happiness and success. Learn strategies to help children develop abilities to identify, understand, and manage emotions positively to relieve stress, communicate effectively, overcome challenges, and defuse conflict. Note: Appropriate for families with children ages 2–8 years old.

Age: 18 years & up
Location: Senior Center

5/4 W 6:30–8:30 PM $20 207474-01

Developing the Culture of the Family

In part, culture is defined as rituals and traditions that are passed down from one generation to the next. Some of the sweetest memories of childhood come from these experiences. Explore how to recall and implement the best from the past, as well as create new rituals and traditions as a legacy for today.

Age: 18 years & up
Location: Senior Center

5/18 W 6:30–8:30 PM $20 207475-01

Technology

Computer Basics

For anyone who has never used a computer, this class begins with a non-technical discussion of basic computer use and moves into writing letters, using email, and using the internet to listen to music and watch movies.

Age: 18 years & up
Location: Columbine Health Computer Lab

3/1–3/4 Tu–F 10:00 AM–Noon $19 207902-01

Excel Introduction

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010.

Age: 18 years & up
Location: Columbine Health Computer Lab

3/5 Sa 8:30 AM–12:30 PM $14 207903-01

Beginning Word v. 2010

This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known, but useful features such as tables and mail merge. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab

3/12–3/19 Sa 8:30 AM–12:30 PM $24 207909-01

Free & Excellent Software

Why pay monthly fees for your computer software when you can find excellent and free software available for any computer task? Bring your computer to class and learn how to locate, download, and install free computer software.

Age: 18 years & up
Location: Senior Center

3/26 Sa 9:00 AM–Noon $14 207406-01

Having Fun with Windows

This 3-session class covers the basic terms and tools of Windows 7. Practice hands-on exercises that demonstrate working with windows, menus, and files, as well as a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab

4/2–4/16 Sa 8:30 AM–12:30 PM $25 207916-01

Facebook for Beginners

Learn to build a meaningful network to keep up with family, friends, and brands, all while controlling your privacy and visibility of what you share. If you can manage online email, you can handle Facebook.

Age: 18 years & up
Location: Columbine Health Computer Lab

4/6–4/27 W 6:15–7:15 PM $45 207905-01

Blogging for Passion or Profit

Learn how to create your own WordPress blog with your own
domain name and hosting. Create unlimited pages and edits.
No programming experience needed. Note: Those under 18
welcome with parent permission.

Age: 18 years & up
Location: Columbine Health Computer Lab

4/6–5/4 W 7:30–8:30 PM $45 207901-01

Blogging Lab

An optional extension of the Blogging for Passion or Profit class. Apply the lessons covered in class with guidance from the instructor.

4/7–4/28 Th 7:30–8:30 PM $40 207901-02

Social Media for Business

Social platforms are great resources for marketing small business. Learn how to leverage social networking tools to establish leadership in your market. Experience with existing social media accounts recommended.

Age: 18 years & up
Location: Columbine Health Computer Lab

4/7–5/5 Th 6:15–7:15 PM $45 207414-01

Gizmos & Gadgets

This class is a combination of demonstrations, hands-on sessions, and a layman’s introduction to technology such as tablets and smartphones. Note: Instructor provided by the Front Range PC
Users Group.

Age: 18 years & up
Location: Senior Center

4/23 Sa 9:00 AM–Noon $14 207407-01

iPhone Photography

iPhones are capable of so many incredible functions. Discover picture-taking secrets and learn how to properly compose, take
beautiful panoramas, and time lapse videos. After exploring the
most useful apps, we’ll go outside to practice.

Age: 18 years & up
Location: Senior Center

5/3 Tu 6:00–9:00 PM $14 207419-01

Quicken Introduction

Begin with the basics of creating and managing files and accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, and creating reports. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up
Location: Senior Center

5/7 Sa 8:30 AM–12:30 PM $14 207412-01

Wine

French Wine Flyover

Wines of France have inspired more wine lovers and wine regions than perhaps any other in the world. From the sparkling wines of Alsace to the mineral-driven white wines of the Loire Valley to the reds of Burgundy and Bordeaux, there’s much to learn and taste. Learn of some of the major wines and regions of France.

Age: 21 years & up
Location: Senior Center

5/6 F 7:00–8:30 PM $35 207460-01

Wine Tasting Basics

Taste wine like a pro and try the most popular wine varietals in a side by side format. Gain familiarity with basic wine terms, learn to identify various wine components, and discern which wine styles you prefer and why.

Age: 21 years & up
Location: Senior Center

5/20 F 7:00–8:30 PM $35 207461-01

Writing

Creative Writing

Take an honest look at the changing field of publishing and agents in the digital age. Perform writing exercises and learn from your own and others’ work as you expand your mind and imagination, undergo peer critique, and receive direction for becoming a better writer.

Age: 18 years & up
Location: Senior Center

4/14–5/19 Th 7:00–8:00 PM $40 207457-01

Intuitive Journaling

Intuitive Journaling is a tool for personal development and allows one to access information at a deeper level. Learn the fun and the art of Intuitive Journaling as we practice various journaling techniques that allow us to access more of our inner wisdom. Note: No previous journaling experience necessary. This is a 3-part series. Each session is independent of the other two.

Age: 18 years & up
Location: Senior Center

Part 1
The focus is self-discovery and personal growth.

3/28 M 6:00–8:00 PM $20 207458-01

Part 2
The focus is exploring the quality of,
and ways to improve relationships.

4/18 M 6:00–8:00 PM $20 207458-02

Part 3
The focus will be on exploring life options and
seeing ways to set new goals.

5/9 M 6:00–8:00 PM $20 207458-03

How to be a Travel Writer: The Easy Way

Turn your passion into a career in travel journalism and see the world for free. Learn the insider steps to get started. Note: The textbook is available for an optional fee of $25; this cost can be removed from the class cost if you elect not to use the book.

Age: 18 years & up
Location: Senior Center

4/1 F 6:00–9:00 PM $60 207477-01

Youth Programming

Babysitting Bootcamp

Learn babysitting business practices, discipline and communication, feeding, diapering, safe play for infants and children, how to prevent accidents, how to recognize and respond to emergencies, basic first aid, and choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics for Babies. Note: Class only partially discountable. Dinner not included.

Age: 11–16 years
Location: Northside Aztlan Center

3/18 F Noon–8:00 PM $75 215522-01

4/8 F Noon–8:00 PM $75 215522-02

5/27 F Noon–8:00 PM $75 215522-03

Crazy Cakes

Work with fondant, modeling chocolate, and more to make the tastiest, most awesomely decorated cakes ever! New cake recipes every time. Note: Please note food allergies when registering. All supplies will be provided. Class partially discountable.

Age: 11–16 years
Location: Northside Aztlan Center

3/12 Sa 1:00–4:00 PM $26 215556-01

4/9 Sa 1:00–4:00 PM $26 215556-02

5/14 Sa 1:00–4:00 PM $26 215556-03

Junior Staff in Training Program

Designed for youth ages 14–17 years to receive hands-on, pre-employment experience that leads into becoming a quality entry level employee for the City’s recreation programs (completion of program does not guarantee employment).

Before being placed in a program, candidates must attend a scheduled orientation that includes a parent meeting and an overview of Recreation policies. Candidates are also required to complete Babysitting Bootcamp (see page 54).

Following orientation, Junior Staff may work a maximum of 30 hours per week in a youth recreation program or camp under the guidance of an experienced staff person. Those who complete the program successfully receive a performance evaluation, certificate of hours completed, and a small stipend.

The training schedule is determined by the program needs of the Recreation Department. Space is limited. Candidates must complete an application and write a short essay. To request an application and for more information, contact Lisa Freeman (970.416.2528, lfreeman@fcgov.com). Mandatory interviews are scheduled with select applicants. Application deadline is May 13; indicate session preference on your application.

Session 1: 6/6–7/8
Session 2: 7/11–8/12

Cost of the program is $160 for new applicants (includes enrollment in Babysitting Bootcamp); $85 for new applicants that have previously completed Babysitting Bootcamp; $65 for returning Junior Staff. The Junior Staff in Training program is partially discountable for those who qualify.

After-School Enrichment

After school, join your friends in a fun and inclusive environment to receive homework help and enjoy food, games, crafts, use of computers, and sport activities. Limited transportation provided
from select schools.

Grade: Kindergarten–8
Location: Northside Aztlan Center

2/29–3/4 M–F 4:00–6:00 PM $40 215525-01

3/7–3/11 M–F 4:00–6:00 PM $40 215525-02

3/21–3/25 M–F 4:00–6:00 PM $40 215525-03

3/28–4/1 M–F 4:00–6:00 PM $40 215525-04

4/4–4/7 M–Th 4:00–6:00 PM $30 215525-05

4/11–4/15 M–F 4:00–6:00 PM $40 215525-06

4/18–4/22 M–F 4:00–6:00 PM $40 215525-07

4/25–4/29 M–F 4:00–6:00 PM $40 215525-08

5/2–5/6 M–F 4:00–6:00 PM $40 215525-09

5/9–5/13 M–F 4:00–6:00 PM $40 215525-10

5/16–5/20 M–F 4:00–6:00 PM $40 215525-11

5/23–5/26 M–Th 4:00–6:00 PM $30 215525-12

Lego Club

Get together with other Lego enthusiasts, share ideas, and use your imagination to create your own Lego masterpieces. Afterschool snack provided.

Age: 6–10 years
Location: Foothills Activity Center

3/23–4/6 W 4:30–6:00 PM $20 218746-01

4/13–4/27 W 4:30–6:00 PM $20 218746-02

5/4–5/18 W 4:30–6:00 PM $20 218746-03

Lego Drop-in

Meet with other Lego enthusiasts on a drop-in basis. Parents, while your child is occupied, check out some of the fitness classes held at the Foothills Activity Center. Note: This is not a drop-off program. Parents must remain within Foothills Activity Center. Drop-ins shall not exceed the 12 participant maximum.

Age: 6–10 years
Location: Foothills Activity Center

2/29–5/23 M 4:30–6:30 PM $5 218745-01

Go-Kart Camp

Learn how to be a safe, educated go-kart driver and focus on skills that transfer to the everyday driving world. Participants who demonstrate driving competence after the course are given a Fort Fun Drivers Permit. Students must be between ages 8–12 years AND be at least 50 inches tall. Note: Inclement weather dates scheduled as necessary. Class partially discountable.

Age: 8–12 years
Location: Fort Fun

3/16 W 8:00–10:00 AM $29 216989-01

3/19 Sa 8:00–10:00 AM $29 216989-02

4/9 Sa 8:00–10:00 AM $29 216989-03

Farm

Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent.” As an adoptive parent, you help provide for the food and care of “your” animal.

It’s easy to adopt! Choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm “parent” receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcomes your visit regularly. Note: For all practical purposes, some of the animals are sold when they reach maturity.

Birthday Parties

Celebrate your child’s birthday with Farm flair. Meeting the animals, riding a pony (April – October) or going on a hayride creates a very unique party for your 3–9 year old. Call The Farm or stop by during open hours to reserve your date. A deposit is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, t-shirts, and novelties.

The Farm Museum

Take a walk through yesteryear’s farm era. Displays depict
farming from the turn of the century to the early 1930s. Guess
what the “mystery tool” is and how it was used. Then, test your
“farm strength” by lifting a bale of hay with and without the
aid of a pulley system.

Programs

Li’l Dumplin’ Farmers

Learn about life on a farm, meet the animals, and join us in farm chores such as gathering eggs and milking a cow. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch; The Farm staff provides homemade dessert. This is a Child with Parent class; parents are expected to stay with the child.

Age: 2 years
Location: The Farm

3/21–4/4 M 11:00 AM–Noon $30 208609-01

3/22–4/5 Tu 11:00 AM–Noon $30 208609-02

4/11–4/25 M 11:00 AM–Noon $30 208609-03

5/2–5/16 M 11:00 AM–Noon $30 208609-04

Li’l Dumplin’s & Beyond

This Dumplin’ class brings all the favorite chores Lil’ Dumplin’s enjoy, plus a few added touches. Along with gathering eggs, milking a cow, and riding the ponies, create a mini-scrapbook using pictures taken during class. Each Dumplin’ receive a souvenir t-shirt, as well. Note: This is a Child with Parent class; parents are expected to stay with the child. Lunch not included.

Age: 2 years
Location: The Farm

3/28–4/11 M 9:30–10:30 AM $45 208624-01

3/29–4/12 Tu 9:30–10:30 AM $45 208624-02

4/18–5/2 M 9:30–10:30 AM $45 208624-03

Little Peepers

Little Peepers explore the barnyard in each class by gathering
eggs, milking a cow, reading stories in the hayloft, and more!
Note: Parents cannot stay with their little peepers.

Age: 3 years
Location: The Farm

3/24–4/7 Th 9:00–10:00 AM $29 208610-01

3/24–4/7 Th 10:15–11:15 AM $29 208610-02

4/22–5/6 F 9:00–10:00 AM $29 208610-03

4/22–5/6 F 10:15–11:15 AM $29 208610-04

Pee Wee Farmers

Learn what life on a farm is like through hands-on experience such as milking a cow, gathering eggs, helping to make your own snacks, and riding the ponies. Note: Parents lead their child’s pony on the day they ride.

Age: 4–5 years
Location: The Farm

3/23–4/13 W 9:30–11:00 AM $40 208606-01

3/24–4/14 Th 1:30–3:00 PM $40 208606-02

3/25–4/15 F 9:30–11:00 AM $40 208606-03

3/25–4/15 F 1:30–3:00 PM $40 208606-04

4/19–5/10 Tu 9:30–11:00 AM $40 208606-05

4/19–5/10 Tu 1:30–3:00 PM $40 208606-06

4/20–5/11 W 9:30–11:00 AM $40 208606-07

4/21–5/12 Th 9:30–11:00 AM $40 208606-08

4/21–5/12 Th 1:30–3:00 PM $40 208606-09

4/22–5/13 F 1:30–3:00 PM $40 208606-10

After School Farmers

Experience life on a farm by milking the cow, taking a hayride, feeding the animals, and some surprises, too!

Age: 6–10 years
Location: The Farm

3/23–4/13 W 4:00–5:30 PM $40 208601-01

Pony Riding Lessons

Learn to groom and saddle a pony. Parents – lead your child’s pony as the basics of riding are taught. Note: Other children may not attend because you are a full time participant with your pony rider. Parent and child need to wear closed toed shoes.

Age: 3–5 years
Location: The Farm

3/30–4/20 W 1:00–2:00 PM $58 208614-01

4/9–4/30 Sa 9:30–10:30 AM $58 208614-02

4/27–5/18 W 1:00–2:00 PM $58 208614-03

5/7–5/28 Sa 9:30–10:30 AM $58 208614-04

Day Camps

Mini Day Camp

Campers explore country life as they milk the cow, gather eggs, ride ponies, and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or maybe even on a hayride. Note: Bring a sack lunch every day. Water provided. Wear closed toed shoes.

Age: 6–7 years
Location: The Farm

5/31–6/3 Tu–F 8:30 AM–12:30 PM $64 308604-01

6/7–6/10 Tu–F 8:30 AM–12:30 PM $64 308604-02

6/14–6/17 Tu–F 8:30 AM–12:30 PM $64 308604-03

7/19–7/22 Tu–F 8:30 AM–12:30 PM $64 308604-04

Not-So-Mini Day Camp

Extended version of Mini Day Camp. Campers do typical farm chores such as gathering eggs, milking the cow, and riding ponies. Other “chores” include crafts and going on a hayride. Note: Bring a sack lunch every day. Water provided. Wear closed toed shoes.

Age: 6–7 years
Location: The Farm

6/21–6/24 Tu–F 8:30 AM–3:30 PM $128 308605-01

6/28–7/1 Tu–F 8:30 AM–3:30 PM $128 308605-02

7/5–7/8 Tu–F 8:30 AM–3:30 PM $128 308605-03

7/26–7/29 Tu–F 8:30 AM–3:30 PM $128 308605-04

Spring Break Pony Camp

Learn to groom, saddle, and ride a pony. No horse experience necessary. This is a beginner class. Safety is stressed at all times. Note: Wear closed toed shoes; equestrian helmets provided.

Age: 8–12 years
Location: The Farm

3/15–3/18 Tu–F Noon–2:30 PM $135 208611-01

Farm Day Camp

Each session is packed full of games, crafts, barnyard trivia, and of course – chores. Campers take care of the animals by gathering eggs, milking the cow, “slopping” the pigs, and more. A field trip and an overnight at the Farm highlight the second week. Note: The second Thursday is the overnight. Campers need to be picked on Friday by 8:30 a.m. Required daily: lunch, water bottle, and closed toed shoes.

Age: 8–12 years
Location: The Farm

5/31–6/10 Tu–F 8:30 AM–3:30 PM $208 308602-01

6/14–6/24 Tu–F 8:30 AM–3:30 PM $208 308602-02

6/28–7/8 Tu–F 8:30 AM–3:30 PM $208 308602-03

7/12–7/22 Tu–F 8:30 AM–3:30 PM $208 308602-04

Beginner Pony Camp

Learn to groom, saddle, and ride a pony. Pony chores included and safety is stressed at all times. Note: Wear closed toed shoes and bring a water bottle.

Age: 8–12 years
Location: The Farm

5/31–6/3 Tu–F 8:30–11:00 AM $135 308607-01

5/31–6/3 Tu–F 11:45 AM–2:30 PM $135 308607-02

6/7–6/10 Tu–F 11:45 AM–2:15 PM $135 308607-03

6/14–6/17 Tu–F 8:30–11:00 AM $135 308607-04

6/21–6/24 Tu–F 8:30–11:00 AM $135 308607-05

7/5–7/8 Tu–F 8:30–11:00 AM $135 308607-06

7/12–7/15 Tu–F 11:45 AM–2:15 PM $135 308607-07

7/19–7/22 Tu–F 8:30–11:00 AM $135 308607-08

Advanced Pony Camp

Continuation of Beginner Pony Camp once you master grooming and saddling. The basics of riding are reviewed and more time is spent riding. Note: Wear closed toed shoes and bring a water bottle.

Age: 8–12 years
Location: The Farm

6/7–6/10 Tu–F 8:30–11:00 AM $135 308608-01

6/14–6/17 Tu–F 11:45 AM–2:15 PM $135 308608-02

6/21–6/24 Tu–F 11:45 AM–2:15 PM $135 308608-03

6/28–7/1 Tu–F 8:30–11:00 AM $135 308608-04

7/5–7/8 Tu–F 11:45 AM–2:15 PM $135 308608-05

7/12–7/15 Tu–F 8:30–11:00 AM $135 308608-06

7/26–7/29 Tu–F 8:30–11:00 AM $135 308608-07

7/26–7/29 Tu–F 11:45 AM–2:15 PM $135 308608-08

Horsemanship I

Learn to groom, saddle, and ride a horse. Space is limited. Note: Wear closed toed shoes and bring a water bottle.

Age: 12–18 years
Location: The Farm

5/30–6/2 M–Th 12:15–2:45 PM $135 308616-01

6/13–6/16 M–Th 9:00–11:30 AM $135 308616-02

6/20–6/23 M–Th 12:15–2:45 PM $135 308616-03

6/27–6/30 M–Th 12:15–2:45 PM $135 308616-04

Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time is spent riding and learning about horses. Note: Wear closed toed shoes and bring a water bottle.

Age: 12–18 years
Location: The Farm

6/6–6/9 M–Th 12:15–2:45 PM $135 308617-01

6/13–6/16 M–Th 12:15–2:45 PM $135 308617-02

6/20–6/23 M–Th 9:00–11:30 AM $135 308617-03

6/27–6/30 M–Th 9:00–11:30 AM $135 308617-04

7/11–7/14 M–Th 9:00–11:30 AM $135 308617-05

7/11–7/14 M–Th 12:15–2:45 PM $135 308617-06

7/18–7/21 M–Th 9:00–11:30 AM $135 308617-07

7/18–7/21 M–Th 12:15–2:45 PM $135 308617-08

Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor’s clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

1)
Participants may register for an entire class session.
With this option, active facility pass holders receive 70% off enrollment price.

2)
Participants may pay a drop-in fee of $6 per class, except
for karate.

NEW!! Foothills Activity Center

We’re excited to announce our new fitness facility, Foothills Activity Center! Visit Foothills Activity Center, located at the recently renovated mall, Foothills, and try fitness classes being hosted at the new facility. You can see classes being hosted at Foothills Activity Center on page 64.

Class Specifics

Senior Center offers Fitness Classes to those ages 18 years & up unless otherwise noted.

Northside Aztlan Community Center and Foothills Activity Center offer Fitness Classes for those ages 16 years & up unless otherwise noted.

For Teen and Youth Fitness classes, see page 62.

For classes for youth ages 6 years & under, see page 43.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness classes require a minimum of 6 participants per class to be offered and active. Fitness equipment needed for instruction is provided, though participants are welcome to
bring their own.

Transfers/Cancellations

All cancellations must be made before the first day of the first class for a full refund. A transfer may be made after the first class and before the second. No refunds or transfers may be made after the second class.

Personal Training

Personal trainers are available to train at Eldora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help you to develop an exercise program that meets your personal goals and needs. Personal training is available to those ages 13 years & up. Contact Stacie Bandy at 970.224.6026, sbandy@fcgov.com or Linda Morris at 970.224.6032, lmorris@fcgov.com for more information.

Group Number Session Time Cost

Individual 30-minute $15

Individual 60-minute $25

2-person 60-minute $45

3-person 60-minute $60

4-person 60-minute $80

\*
Ask about our discounted personal training sessions sold
in packages of 4, 8, 12, & 24.

Trainers

For pictures and complete bios, visit fcgov.com/fitness.

Talisa Gula-Yeast
970.302.8414

Yvonne Hanning
970.449.3460

Dominick Jones
970.481.2416

Deborah Knobel
970.221.6256

Terence Lenoir-Legros
970.488.9218

Tess Pasternak
970.694.2629

Mary Sewell Homan
970.213.0510

Adult Programming

Aerobics

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for participant that may have been previously sedentary.

Athletic Conditioning

Boomer Boot Camp

Get your blood flowing with a full body workout geared to increase strength and stamina. Designed with an injury prevention focus.

Provider: Water Valley Medical Fitness

Boot Camp

Using functional movements and basic cardio calisthenics, this weight loss and fat burning class is built on evidenced based H.I.I.T. (High Intensity Interval Training) principles in order for all participants to maximize their results. Exercise at your own intensity.

BOSU Conditioning

Utilizing both sides of The BOSU, a half dome blue ball, offers toning exercises in both stationary and fat burning formats. Combine cardio exercises and sculpting and balance techniques on and off the BOSU.

Cardio, Core, & More

Blend of cardio and strength exercises designed to create a stronger, healthier you. Increase flexibility, balance, stamina as you participate in a variety of exercises that change each week. Target the entire body and improve overall body condition.

Couch to 5K

Get in shape for a 5k with a trained occupational therapist. Provider: Anna Wickersham, OTR and Kara Roy, OTR, PVH/UCHealth.

Mom Fit: Boot Camp

Drop off your kids off at “Fun & Fitness” from 9:30–11:30 a.m.
and find time for your health and heart in this class offered from 10–11 a.m. A mix of cardio, weight circuits, stretching, and more. See improvements in your strength, flexibility, and stamina.

CrossTrain

An intense workout that maximizes strength and agility. Use kettle bells, plyo boxes, ropes, and more to work every muscle in your body. Every workout is totally different, keeping your body guessing and forcing it to stay at its peak.

Lose to Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance.

Power Train

Intense body strengthening workout using free weights, resistance machines, and cardio equipment. Pump iron and your heart. Each powerful cardio and weightlifting session is totally different, keeping your muscles guessing and keeping your body at its peak.

R.I.P.P.E.D.

Experience this total body plateau proof fitness formula workout using resistance and cardio training, which masterfully combines the Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

Total Body Boot Camp

A mix of cardio, weight circuits, stretching, and more. See improvements in your strength, flexibility, and stamina.

TRX Body Blast

A suspension fitness system that helps you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels; adjust your straps to increase or decrease the difficulty of every exercise.

Dance

Bollywood Dance

The sounds of original Bollywood movies come alive in this fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop, and modern dance. Timing, rhythm, energy, and sharp controlled expressive movements are the important elements.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Zumba – Vida Sana

This Vida Sana class accepts Vida Sana passes. Vida Sana is a
call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a pass at Northside Aztlan Center. Participants must register for classes.

Zumba Toning

After a toning session, enjoy Latin music and have fun dancing while burning calories and improving cardio fitness. Thirty minutes of Zumba toning and 30 minutes of high energy Zumba.

General

Nia

Claim wellness and explore your joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Classes are ongoing. Advance registration strongly encouraged. All levels welcome.

Pound Rockout Workout

Combine cardio, conditioning, and core work with drumming using lightly weighted drumsticks called Ripsticks. Rock your entire body into beautiful shape while burning calories, strengthening muscles, and improving coordination and balance.

Group Lift – Vida Sana

Group weight lifting and weight room use. This Vida Sana class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Apply for a pass at Northside Aztlan Center.

Group Track – Vida Sana

Walking class around the track. This Vida Sana class accepts Vida Sana passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income communities in Fort Collins. Apply for a pass at Northside Aztlan Center.

Martial Arts

Tai Chi, Beginning

An orthodox internal martial art from China. This class presents the four “Mother Forms” of the art which are low-impact, meditative repeating movements and provides some insight into internal movement and training.

Tai Chi, Beginning Yang Style

Yang Style Tai Chi brought to the United States by Professor Chen Mon Ch’ing. It is a continuous flow form of Tai Chi. It is recommended to attend entire sessions of the class.

Tai Chi Chih Beginner Class

An inner discipline focused on circulating and balancing your body’s natural energy with slow moving meditation. Benefits include reduced stress, strengthened immune system, weight and B/P control, and better balance and flexibility. All levels welcome.

Tai Chi, Continuing

Additional Tai Chi concepts and training. Recommended after taking the Beginning Tai Chi class to further your development and understanding. Covers a small Yang style form sequence called Grasp Sparrow’s Tail.

Integral Taichi

A system of health improving exercises designed for all ages and types of bodies, founded upon the principles of traditional Taichi, Qigong (Chi-Kung), and yoga. Reduce stress and restore health, vitality, and well-being. Modifications for all ages and abilities.

Taijifit

A mind/body exercise that combines the best of traditional Taiji (Tai Chi) with modern Western fitness. A special kind of movement experience, Taijifit is a moving mediation, a shield against disease, and a dance of flow.

Pilates

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance
by learning correct posture and alignment through a series of
body movements.

Spin

Spin & Tone

Spin & Tone includes the same challenging workout that other
Group Spin, but also includes a toning segment either throughout
the class or at the end. Great for cardiovascular training and total body strengthening.

Toning & Strength

Barre Fitness

Utilizing a mix of ballet barre movements, stretching, and Pilates-based core exercises, Barre is designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way.

Sculpt & Tone

Mixing Barre, Pilates, yoga, strengthening, and toning techniques, sculpt all major muscle groups using a variety of old and new exercises and equipment.

Strength Training

Increase muscle strength, bone mass, and stamina. The first
class of each session includes an orientation to training principals and equipment.

Strength & Tone

Develop upper and lower body strength, improve flexibility, and
tone up with rhythmic weight lifting set to your favorite music.
Varied routines focus on major muscle groups, along with challenging abdominal workouts, to define the body.

Yoga

Yoga, Beginning

Practice yoga breathing and physical exercises and gain physical strength, tone, flexibility, and stamina. Students may also experience a sense of inner calm.

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered
for varying levels. Release stress and improve balance, flexibility,
and strength with sometimes challenging poses. Mindfulness and breathing techniques offered, as well. Note: Must be able to do
floor and standing exercises at a fast pace.

Laughter Yoga

Series of simple yet profound exercises based on the philosophy
of acting happy. Relieve tension and feel good by engaging the body in physical actions of happiness and relaxation, i.e.: laughter and deep breathing.

Restorative Yoga

Relax and soothe frayed nerves. Use blankets and blocks to prop.
In passive poses your body can experience the benefits of a pose without having to exert much or any effort. During the practice,
open, release, and connect with self-healing.

Sculpting Yoga

Build strength and definition with this weights infused yoga class. Beginner to advanced levels welcome.

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength, and flexibility. Poses are linked together slowly, with attention to breath. Philosophy and stress management techniques are touched on. Advanced beginner level with modifications, so class is suitable for beginning and intermediate students.

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues.

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build your core strength to support you in more advanced poses.

Yoga for Athletes

This approach to yoga is for athletes of all abilities. Specifically, this class helps increase strength, mobility, and flexibility. This class is for teen and adult athletes.

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Yoga, Chair

In this adaptive yoga, you are supported by a chair. Yoga relaxes
your body and mind and improves your musculoskeletal fitness
and flexibility.

Yoga Flow

A gentle yoga flow designed to guide you into listening to your body. The pace is based on your own breath and body.

Yoga for Cancer Survivors

This gentle, restorative yoga class is for beginners, patients, and survivors. Be motivated to envision the “best you”, evoke empowerment, and embrace peace.

Yoga & Meditation

Incorporate mindful meditation into your yoga practice Begin class with meditation moving into asanas. This class is a calm approach to being a present, rejuvenated, and healthier you.

Youth and Family Programming

Athletic Conditioning

Teen Boot Camp

Learn proper movement when performing a variety of exercises. See improvements in your strength, flexibility, and stamina. Beginner to intermediate levels welcome.

Teen TRX

This full-body workout incorporates the TRX Suspension Training system, stability balls, and other equipment. Increase strength while ensuring proficiency with your own body weight before adding weight on the machines and other equipment.

Yoga

Family Yoga, 6 months – 3 years

Explore yoga with your baby or toddler. Benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. Note: At least one adult must be present and in the room with enrolled child/children. Price includes participation for up to 3 participants.

Kids Yoga, 4–12 years

Designed for kids, and embraces the same concepts as Slow Flow Hatha Yoga: focus on improving balance, strength, and flexibility. Beginner to intermediate levels welcome.

Teen Yoga, 13–18 years

Designed for teens and embraces the same concepts as Slow Flow Hatha Yoga: focus on improving balance, strength, and flexibility. Beginner to intermediate levels welcome.

Fitness Schedule

Adult Fitness

Club Tico

Dance

Zumba
Location: Club Tico

3/14–4/11 M 9:00–10:00 AM $15 209119-01

4/18–5/16 M 9:00–10:00 AM $15 209119-02

5/23–6/20 M 9:00–10:00 AM $12 209119-03

3/16–4/13 W 9:00–10:00 AM $15 209119-04

4/20–5/18 W 9:00–10:00 AM $15 209119-05

5/25–6/22 W 9:00–10:00 AM $15 209119-06

3/18–4/15 F 9:00–10:00 AM $15 209119-07

4/22–5/20 F 9:00–10:00 AM $15 209119-08

5/27–6/24 F 9:00–10:00 AM $15 209119-09

Zumba – Vida Sana
Location: Club Tico

3/14–4/11 M 9:00–10:00 AM No Fee 209119-01

4/18–5/16 M 9:00–10:00 AM No Fee 209119-02

5/23–6/20 M 9:00–10:00 AM No Fee 209119-03

3/16–4/13 W 9:00–10:00 AM No Fee 209119-04

4/20–5/18 W 9:00–10:00 AM No Fee 209119-05

5/25–6/22 W 9:00–10:00 AM No Fee 209119-06

3/18–4/15 F 9:00–10:00 AM No Fee 209119-07

4/22–5/20 F 9:00–10:00 AM No Fee 209119-08

5/27–6/24 F 9:00–10:00 AM No Fee 209119-09

Foothills Activity Center

Athletic Conditioning

Boot Camp
Class will not be held on 5/30.

3/14–4/15 M,W,F 5:30–6:30 PM $45 209774-01

4/18–5/20 M,W,F 5:30–6:30 PM $45 209774-02

5/23–6/24 M,W,F 5:30–6:30 PM $42 209774-03

3/15–4/14 Tu,Th 6:15–7:15 AM $30 209774-04

4/19–5/19 Tu,Th 6:15–7:15 AM $30 209774-05

5/24–6/23 Tu,Th 6:15–7:15 AM $30 209774-06

3/20–4/17 Su 12:30–1:30 PM $15 209774-07

4/24–5/22 Su 12:30–1:30 PM $15 209774-08

5/29–6/26 Su 12:30–1:30 PM $15 209774-09

3/19–4/16 Sa 8:30–9:30 AM $15 209774-10

4/23–5/21 Sa 8:30–9:30 AM $15 209774-11

5/28–6/25 Sa 8:30–9:30 AM $15 209774-12

BOSU Conditioning

3/15–4/14 Tu,Th 1:00–2:00 PM $30 209778-01

4/19–5/19 Tu,Th 1:00–2:00 PM $30 209778-02

5/24–6/23 Tu,Th 1:00–2:00 PM $30 209778-03

Mom Fit: Boot Camp

Location: Foothills Activity Center

3/15–4/14 Tu,Th 10:00–11:00 AM $30 209777-01

2/9–3/10 Tu,Th 10:00–11:00 AM $30 209777-02

5/24–6/23 Tu,Th 10:00–11:00 AM $30 209777-03

Lose to Win

3/15–4/14 Tu,Th 11:00 AM–Noon $30 209775-01

4/19–5/19 Tu,Th 11:00 AM–Noon $30 209775-02

5/24–6/23 Tu,Th 11:00 AM–Noon $30 209775-03

TRX Body Blast
Class will not be held on 5/30.

3/14–4/13 M,W 6:15–7:15 AM $30 209780-01

4/18–5/18 M,W 6:15–7:15 AM $30 209780-02

5/23–6/22 M,W 6:15–7:15 AM $27 209780-03

3/15–4/14 Tu,Th 4:30–5:30 PM $30 209780-04

4/19–5/19 Tu,Th 4:30–5:30 PM $30 209780-05

5/24–6/23 Tu,Th 4:30–5:30 PM $30 209780-06

3/20–4/17 Su 1:30–2:30 PM $15 209780-07

4/24–5/22 Su 1:30–2:30 PM $15 209780-08

5/29–6/26 Su 1:30–2:30 PM $15 209780-09

Pilates

Mat Pilates

3/15–4/14 Tu,Th 9:00–10:00 AM $30 209720-01

4/19–5/19 Tu,Th 9:00–10:00 AM $30 209720-02

5/24–6/23 Tu,Th 9:00–10:00 AM $30 209720-03

3/17–4/14 Th 5:30–6:30 PM $15 209720-04

4/21–5/19 Th 5:30–6:30 PM $15 209720-05

5/26–6/23 Th 5:30–6:30 PM $15 209720-06

Strength & Toning

Barre Fitness

3/15–4/14 Tu,Th 10:00–11:00 AM $30 209734-01

4/19–5/19 Tu,Th 10:00–11:00 AM $30 209734-02

5/24–6/23 Tu,Th 10:00–11:00 AM $30 209734-03

3/15–4/12 Tu 5:30–6:30 PM $15 209734-04

4/19–5/17 Tu 5:30–6:30 PM $15 209734-05

5/24–6/21 Tu 5:30–6:30 PM $15 209734-06

3/19–4/16 Sa 10:00–11:00 AM $15 209734-07

4/23–5/21 Sa 10:00–11:00 AM $15 209734-08

5/28–6/25 Sa 10:00–11:00 AM $15 209734-09

3/16–4/13 W 7:30–8:30 PM $15 209734-10

4/20–5/18 W 7:30–8:30 PM $15 209734-11

5/25–6/22 W 7:30–8:30 PM $15 209734-12

Sculpt & Tone
Class will not be held on 5/30.

3/14–4/15 M,W,F Noon–1:00 PM $45 209732-01

4/18–5/20 M,W,F Noon–1:00 PM $45 209732-02

5/23–6/24 M,W,F Noon–1:00 PM $42 209732-03

Strength Training
Class will not be held on 5/30.

3/14–4/13 M,W 11:00 AM–Noon $30 209731-01

4/18–5/18 M,W 11:00 AM–Noon $30 209731-02

5/23–6/22 M,W 11:00 AM–Noon $27 209731-03

Yoga

Slow Flow Hatha Yoga

3/15–4/14 Tu,Th 7:15–8:15 AM $30 209761-01

4/19–5/19 Tu,Th 7:15–8:15 AM $30 209761-02

5/24–6/23 Tu,Th 7:15–8:15 AM $30 209761-03

Vinyasa Flow Yoga
Note: Class will not be held on 5/30.

3/14–4/13 M,W 10:00–11:00 AM $30 209765-01

4/18–5/18 M,W 10:00–11:00 AM $30 209765-02

5/23–6/22 M,W 10:00–11:00 AM $27 209765-03

3/15–4/14 Tu,Th 7:30–8:30 PM $30 209765-04

4/19–5/19 Tu,Th 7:30–8:30 PM $30 209765-05

5/24–6/23 Tu,Th 7:30–8:30 PM $30 209765-06

3/19–4/16 Sa Noon–1:00 PM $15 209765-07

4/23–5/21 Sa Noon–1:00 PM $15 209765-08

5/28–6/25 Sa Noon–1:00 PM $15 209765-09

Yoga for Athletes
Class will not be held on 5/30.

3/14–4/15 M,W,F 3:30–4:30 PM $45 209766-01

4/18–5/20 M,W,F 3:30–4:30 PM $45 209766-02

5/23–6/24 M,W,F 3:30–4:30 PM $45 209766-03

Yoga Flow
Class will not be held on 5/30.

3/15–4/14 Tu,Th Noon–1:00 PM $30 209762-01

4/19–5/19 Tu,Th Noon–1:00 PM $30 209762-02

5/24–6/23 Tu,Th Noon–1:00 PM $30 209762-03

3/14–4/13 M,W 6:30–7:30 PM $30 209762-04

4/18–5/18 M,W 6:30–7:30 PM $30 209762-05

5/23–6/22 M,W 6:30–7:30 PM $27 209762-06

3/20–4/17 Su 9:30–10:30 AM $15 209762-07

4/24–5/22 Su 9:30–10:30 AM $15 209762-08

5/29–6/26 Su 9:30–10:30 AM $15 209762-09

Northside Aztlan Community Center

Athletic Conditioning

Lose to Win
Class will not be held on 5/30.

3/14–4/15 M,W,F 9:30–10:30 AM $45 209570-01

4/18–5/20 M,W,F 9:30–10:30 AM $45 209570-02

5/23–6/24 M,W,F 9:30–10:30 AM $42 209570-03

Power Train

3/15–4/14 Tu,Th Noon–1:00 PM $30 209575-01

4/19–5/19 Tu,Th Noon–1:00 PM $30 209575-02

5/24–6/23 Tu,Th Noon–1:00 PM $30 209575-03

3/15–4/14 Tu,Th 6:15–7:15 AM $30 209575-04

4/19–5/19 Tu,Th 6:15–7:15 AM $30 209575-05

5/24–6/23 Tu,Th 6:15–7:15 AM $30 209575-06

Total Body Boot Camp

3/15–4/14 Tu,Th 5:30–6:30 PM $30 209572-01

4/19–5/19 Tu,Th 5:30–6:30 PM $30 209572-02

5/24–6/23 Tu,Th 5:30–6:30 PM $30 209572-03

TRX Body Blast
Class will not be held on 5/30.

3/19–4/16 Sa 8:00–9:00 AM $15 209580-01

4/23–5/21 Sa 8:00–9:00 AM $15 209580-02

5/28–6/25 Sa 8:00–9:00 AM $15 209580-03

3/15–4/14 Tu,Th Noon–1:00 PM $30 209580-04

4/19–5/19 Tu,Th Noon–1:00 PM $30 209580-05

5/24–6/23 Tu,Th Noon–1:00 PM $30 209580-06

3/14–4/13 M,W 6:30–7:30 PM $30 209580-07

4/18–5/18 M,W 6:30–7:30 PM $30 209580-08

5/23–6/22 M,W 6:30–7:30 PM $27 209580-09

Dance

Bollywood Dance

3/15–4/12 Tu 6:30–7:30 PM $15 209511-01

4/19–5/17 Tu 6:30–7:30 PM $15 209511-02

5/24–6/21 Tu 6:30–7:30 PM $15 209511-03

Zumba

3/15–4/12 Tu 6:30–7:30 PM $15 209518-01

4/19–5/17 Tu 6:30–7:30 PM $15 209518-02

5/24–6/21 Tu 6:30–7:30 PM $15 209518-03

3/17–4/14 Th 6:30–7:30 PM $15 209518-04

4/21–5/19 Th 6:30–7:30 PM $15 209518-05

5/26–6/23 Th 6:30–7:30 PM $15 209518-06

3/16–4/13 W 6:30–7:30 PM $15 209518-07

4/20–5/18 W 6:30–7:30 PM $15 209518-08

5/25–6/22 W 6:30–7:30 PM $15 209518-09

Zumba – Vida Sana

3/15–4/12 Tu 6:30–7:30 PM No Fee 209519-01

4/19–5/17 Tu 6:30–7:30 PM No Fee 209519-02

5/24–6/21 Tu 6:30–7:30 PM No Fee 209519-03

3/16–4/13 W 6:30–7:30 PM No Fee 209519-04

4/20–5/18 W 6:30–7:30 PM No Fee 209519-05

5/25–6/22 W 6:30–7:30 PM No Fe 209519-06

3/17–4/14 Th 6:30–7:30 PM No Fee 209519-07

4/21–5/19 Th 6:30–7:30 PM No Fee 209519-08

5/26–6/23 Th 6:30–7:30 PM No Fee 209519-09

General

Group Lift – Vida Sana

3/15–4/12 Tu 10:30–11:30 AM No Fee 209505-01

4/19–5/17 Tu 10:30–11:30 AM No Fee 209505-02

5/24–6/21 Tu 10:30–11:30 AM No Fee 209505-03

3/18–4/15 F 9:00–10:00 AM No Fee 209505-04

4/22–5/20 F 9:00–10:00 AM No Fee 209505-05

5/27–6/24 F 3:00–4:00 PM No Fee 209505-06

3/18–4/15 F 3:00–4:00 PM No Fee 209505-07

4/22–5/20 F 3:00–4:00 PM No Fee 209505-08

5/27–6/24 F 3:00–4:00 PM No Fee 209505-09

Group Track – Vida Sana

3/14–4/11 M 9:30–10:30 AM No Fee 209506-01

4/18–5/16 M 9:30–10:30 AM No Fee 209506-02

5/23–6/20 M 9:30–10:30 AM No Fee 209506-03

3/14–4/11 M 7:00–8:00 PM No Fee 209506-04

4/18–5/16 M 7:00–8:00 PM No Fee 209506-05

5/23–6/20 M 7:00–8:00 PM No Fee 209506-06

3/16–4/13 W 6:30–7:30 PM No Fee 209506-07

4/20–5/18 W 6:30–7:30 PM No Fee 209506-08

5/25–6/22 W 6:30–7:30 PM No Fee 209506-09

Pilates

Mat Pilates

3/15–4/14 Tu,Th 1:00–2:00 PM $30 209520-01

4/19–5/19 Tu,Th 1:00–2:00 PM $30 209520-02

5/24–6/23 Tu,Th 1:00–2:00 PM $30 209520-03

3/14–4/11 M 5:30–6:30 PM $15 209520-04

4/18–5/16 M 5:30–6:30 PM $15 209520-05

5/23–6/20 M 5:30–6:30 PM $12 209520-06

3/16–4/13 W 5:30–6:30 PM $15 209520-07

4/20–5/18 W 5:30–6:30 PM $15 209520-08

5/25–6/22 W 5:30–6:30 PM $15 209520-09

Spin

Spin & Tone
Class will not be held on 5/30.

3/14–4/13 M,W 6:15–7:15 AM $30 209551-01

4/18–5/18 M,W 6:15–7:15 AM $30 209551-02

5/23–6/22 M,W 6:15–7:15 AM $27 209551-03

3/15–4/14 Tu,Th 6:15–7:15 AM $30 209551-04

4/19–5/19 Tu,Th 6:15–7:15 AM $30 209551-05

5/24–6/23 Tu,Th 6:15–7:15 AM $30 209551-06

3/15–4/14 Tu,Th 6:30–7:30 PM $28 209551-07

4/19–5/19 Tu,Th 6:30–7:30 PM $28 209551-08

5/24–6/23 Tu,Th 6:30–7:30 PM $35 209551-09

3/14–4/13 M,W 5:30–6:30 PM $30 209551-10

4/18–5/18 M,W 5:30–6:30 PM $30 209551-11

5/23–6/22 M,W 5:30–6:30 PM $27 209551-12

Strength & Toning

Barre Fitness
Class will not be held on 5/30.

3/14–4/13 M,W 9:00–10:00 AM $30 209534-01

4/18–5/18 M,W 9:00–10:00 AM $30 209534-02

5/23–6/22 M,W 9:00–10:00 AM $27 209534-03

3/14–4/13 M,W 1:00–2:00 PM $30 209534-04

4/18–5/18 M,W 1:00–2:00 PM $30 209534-05

5/23–6/22 M,W 1:00–2:00 PM $27 209534-06

3/17–4/14 Th 6:30–7:30 PM $15 209534-07

4/21–5/19 Th 6:30–7:30 PM $15 209534-08

5/26–6/23 Th 6:30–7:30 PM $15 209534-09

Strength & Tone

3/15–4/14 Tu,Th 12:10–12:55 PM $30 209530-01

4/19–5/19 Tu,Th 12:10–12:55 PM $30 209530-02

5/24–6/23 Tu,Th 12:10–12:55 PM $30 209530-03

Strength Training
Class will not be held on 5/30.

3/14–4/13 M,W 8:30–9:30 AM $30 209531-01

4/18–5/18 M,W 8:30–9:30 AM $30 209531-02

5/23–6/22 M,W 8:30–9:30 AM $27 209531-03

3/15–4/14 Tu,Th 9:30–10:30 AM $30 209531-04

4/19–5/19 Tu,Th 9:30–10:30 AM $30 209531-05

5/24–6/23 Tu,Th 9:30–10:30 AM $30 209531-06

Yoga

Restorative Yoga
Class will not be held on 5/30.

3/14–4/13 M,W Noon–1:00 PM $30 209565-01

4/18–5/18 M,W Noon–1:00 PM $30 209565-02

5/23–6/22 M,W Noon–1:00 PM $27 209565-03

3/18–4/15 F 10:30–11:30 AM $15 209565-04

4/22–5/20 F 10:30–11:30 AM $15 209565-05

5/27–6/24 F 10:30–11:30 AM $15 209565-06

Sculpting Yoga

3/15–4/14 Tu,Th 1:00–2:00 PM $30 209584-01

4/19–5/19 Tu,Th 1:00–2:00 PM $30 209584-02

5/24–6/23 Tu,Th 1:00–2:00 PM $30 209584-03

Slow Flow Hatha Yoga
Class will not be held on 5/30.

3/14–4/11 M 4:00–5:00 PM $15 209561-01

4/18–5/16 M 4:00–5:00 PM $15 209561-02

5/23–6/20 M 4:00–5:00 PM $12 209561-03

3/15–4/12 Tu 5:00–6:00 PM $15 209561-04

4/19–5/17 Tu 5:00–6:00 PM $15 209561-05

5/24–6/21 Tu 5:00–6:00 PM $15 209561-06

3/16–4/13 W 4:00–5:00 PM $15 209561-07

4/20–5/18 W 4:00–5:00 PM $15 209561-08

5/25–6/22 W 4:00–5:00 PM $15 209561-09

3/17–4/14 Th 5:00–6:00 PM $15 209561-10

4/21–5/19 Th 5:00–6:00 PM $15 209561-11

5/26–6/23 Th 5:00–6:00 PM $15 209561-12

Vinyasa Flow Yoga

3/19–4/16 Sa 8:00–9:00 AM $15 209568-01

4/23–5/21 Sa 8:00–9:00 AM $15 209568-02

5/28–6/25 Sa 8:00–9:00 AM $15 209568-03

Yoga & Meditation

3/15–4/14 Tu,Th 9:00–10:00 AM $30 209569-01

4/19–5/19 Tu,Th 10:00–11:00 AM $30 209569-02

5/24–6/23 Tu,Th 9:00–10:00 AM $30 209569-03

Yoga Flow
Class will not be held on 5/30.

Moon Salutation Yoga

3/16–4/13 W 6:30–7:30 PM $15 209562-01

4/20–5/18 W 6:30–7:30 PM $15 209562-02

5/25–6/22 W 6:30–7:30 PM $15 209562-03

Sun Salutation Yoga

3/14–4/11 M 7:00–7:45 AM $11.25 209562-04

4/18–5/16 M 7:00–7:45 AM $11.25 209562-05

5/23–6/20 M 7:00–7:45 AM $9 209562-06

Senior Center

Aerobics

Low Impact Aerobics

3/15–4/14 Tu,Th 8:50–9:50 AM $30 209401-01

4/19–5/19 Tu,Th 8:50–9:50 AM $30 209401-02

5/26–6/23 Tu,Th 8:50–9:50 AM $30 209401-03

Athletic Conditioning

Boomer Boot Camp
Location: Senior Center

3/7–3/30 M,W 8:00–8:50 AM $22 225445-01

4/4–4/27 M,W 8:00–8:50 AM $22 225445-02

5/2–5/25 M,W 8:00–8:50 AM $22 225445-03

Cardio, Core, & More

3/7–3/30 M,W 9:00–9:50 AM $22 225446-01

4/4–4/27 M,W 9:00–9:50 AM $22 225446-02

5/2–5/25 M,W 9:00–9:50 AM $22 225446-03

Couch to 5K

4/7–5/12 Th 6:30–7:30 PM $40 225418-01

Dance

Zumba

3/14–4/11 M 5:30–6:25 PM $15 209416-01

4/18–5/16 M 5:30–6:25 PM $15 209416-02

5/23–6/20 M 5:30–6:25 PM $12 209416-03

3/16–4/13 W 5:30–6:25 PM $15 209416-04

4/20–5/18 W 5:30–6:25 PM $15 209416-05

5/25–6/22 W 5:30–6:25 PM $15 209416-06

Zumba Toning & Zumba

3/14–4/11 M 12:05–1:00 PM $15 209417-01

4/18–5/16 M 12:05–1:00 PM $15 209417-02

5/23–6/20 M 12:05–1:00 PM $15 209417-03

3/19–4/16 Sa 9:15–10:15 AM $15 209417-04

4/23–5/21 Sa 9:15–10:15 AM $15 209417-05

5/28–6/25 Sa 9:15–10:15 AM $15 209417-06

General

Nia
Note: Class will not be held on 5/31.

3/15–4/12 Tu 5:30–6:25 PM $15 209411-04

4/19–5/17 Tu 5:30–6:25 PM $15 209411-05

5/24–6/21 Tu 5:30–6:25 PM $15 209411-06

Pound Rockout Workout

3/16–4/13 W 6:45–7:30 PM $11.25 209418-01

4/20–5/18 W 6:45–7:30 PM $11.25 209418-02

5/25–6/22 W 6:45–7:30 PM $11.25 209418-03

Martial Arts
Tai Chi, Beginning

3/19–4/16 Sa 12:45–1:45 PM $15 209428-01

4/23–5/21 Sa 12:45–1:45 PM $15 209428-02

5/28–6/25 Sa 12:45–1:45 PM $15 209428-03

Tai Chi, Beginning Yang

3/14–4/13 M,W 3:00–4:00 PM $30 209430-01

4/18–5/18 M,W 3:00–4:00 PM $30 209430-02

5/23–6/22 M,W 3:00–4:00 PM $30 209430-03

Tai Chi Chih Beginner Class

3/1–4/19 Tu 1:00–2:00 PM $80 225406-01

4/26–6/14 Tu 1:00–2:00 PM $80 225406-02

Tai Chi, Continuing

3/19–4/16 Sa 2:00–3:00 PM $15 209429-01

4/23–5/21 Sa 2:00–3:00 PM $15 209429-02

5/28–6/25 Sa 2:00–3:00 PM $15 209429-03

Integral Taichi

3/16–4/15 W,F 9:00–9:55 AM $30 209427-01

4/20–5/20 W,F 9:00–9:55 AM $30 209427-02

5/25–6/24 W,F 9:00–9:55 AM $30 209427-03

Taijifit
Class will not be held on 5/30.

3/14–4/13 M,W 7:00–7:45 AM $22.50 209419-01

4/18–5/18 M,W 7:00–7:45 AM $22.50 209419-02

5/23–6/22 M,W 7:00–7:45 AM $20.25 209419-03

3/15–4/12 Tu 4:00–4:45 PM $11.25 209419-04

4/19–5/17 Tu 4:00–4:45 PM $11.25 209419-05

5/24–6/21 Tu 4:00–4:45 PM $11.25 209419-06

3/17–4/14 Th 3:00–3:45 PM $11.25 209419-07

4/21–5/19 Th 3:00–3:45 PM $11.25 209419-08

5/26–6/23 Th 3:00–3:45 PM $11.25 209419-09

3/19–4/16 Sa 3:15–4:00 PM $11.25 209419-10

4/23–5/21 Sa 3:15–4:00 PM $11.25 209419-11

5/28–6/25 Sa 3:15–4:00 PM $11.25 209419-12

Pilates

Mat Pilates

3/14–4/11 M 1:45–2:45 PM $15 209408-01

4/18–5/16 M 1:45–2:45 PM $15 209408-02

5/23–6/20 M 1:45–2:45 PM $15 209408-03

3/18–4/15 F 8:45–9:45 AM $15 209408-04

4/22–5/20 F 8:45–9:45 AM $15 209408-05

5/27–6/24 F 8:45–9:45 AM $15 209408-06

Strength & Toning

Strength Training

3/15–4/14 Tu,Th 9:00–10:00 AM $30 209410-01

4/19–5/19 Tu,Th 9:00–10:00 AM $30 209410-02

5/24–6/23 Tu,Th 9:00–10:00 AM $30 209410-03

Yoga

Yoga, Beginning

3/15–4/14 Tu,Th 2:45–3:45 PM $30 209463-01

4/19–5/19 Tu,Th 2:45–3:45 PM $30 209463-02

5/24–6/23 Tu,Th 2:45–3:45 PM $30 209463-03

3/15–4/14 Tu,Th 4:00–5:00 PM $30 209463-04

4/19–5/19 Tu,Th 4:00–5:00 PM $30 209463-05

5/24–6/23 Tu,Th 4:00–5:00 PM $30 209463-06

3/15–4/14 Tu,Th 5:15–6:15 PM $30 209463-07

4/19–5/19 Tu,Th 5:15–6:15 PM $30 209463-08

5/24–6/23 Tu,Th 5:15–6:15 PM $30 209463-09

3/16–4/13 W Noon–1:00 PM $15 209463-10

4/20–5/18 W Noon–1:00 PM $15 209463-11

5/25–6/22 W Noon–1:00 PM $15 209463-12

3/16–4/13 W 1:15–2:15 PM $15 209463-13

4/20–5/18 W 1:15–2:15 PM $15 209463-14

5/25–6/22 W 1:15–2:15 PM $15 209463-15

Yoga, Advanced Beginner
Class will not be held on 5/30.

4/18–5/16 M 4:30–5:20 PM $15 209464-02

5/23–6/20 M 4:30–5:20 PM $15 209464-03

3/14–4/13 M,W 5:30–6:20 PM $15 209464-04

4/18–5/18 M,W 5:30–6:20 PM $15 209464-05

5/23–6/22 M,W 5:30–6:20 PM $15 209464-06

3/15–4/12 Tu 6:30–7:30 PM $15 209464-07

4/19–5/17 Tu 6:30–7:30 PM $15 209464-08

5/24–6/21 Tu 6:30–7:30 PM $15 209464-09

Laughter Yoga

3/5–5/21 Sa 9:00–10:00 AM No Fee 225452-01

Therapeutic Yoga

3/14–4/11 M 11:00 AM–Noon $15 209469-01

4/18–5/16 M 11:00 AM–Noon $15 209469-02

5/23–6/20 M 11:00 AM–Noon $15 209469-03

3/17–4/14 Th 11:00 AM–Noon $15 209469-04

4/21–5/19 Th 11:00 AM–Noon $15 209469-05

5/26–6/23 Th 11:00 AM–Noon $15 209469-06

Vinyasa Yoga

3/14–4/11 M 6:30–7:30 PM $15 209471-01

4/18–5/16 M 6:30–7:30 PM $15 209471-02

5/23–6/20 M 6:30–7:30 PM $15 209471-03

Yoga, All Levels

3/19–4/16 Sa 9:30–10:30 AM $15 209470-01

4/23–5/21 Sa 9:30–10:30 AM $15 209470-02

5/28–6/25 Sa 9:30–10:30 AM $15 209470-03

Yoga for Cancer Survivors

3/7–3/30 M,W 10:00–11:00 AM $20 225444-01

4/4–4/27 M,W 10:00–11:00 AM $20 225444-02

5/2–5/25 M,W 10:00–11:00 AM $20 225444-03

Youth & Family Fitness Classes

Foothills Activity Center

Athletic Conditioning

Teen Boot Camp
Class will not be held on 5/30.

3/14–4/15 M,W,F 6:15–7:15 AM $45 209776-01

4/18–5/20 M,W,F 6:15–7:15 AM $45 209776-02

5/23–6/24 M,W,F 6:15–7:15 AM $45 209776-03

3/15–4/14 Tu,Th 3:30–4:30 PM $30 209776-04

4/19–5/19 Tu,Th 3:30–4:30 PM $30 209776-05

5/24–6/23 Tu,Th 3:30–4:30 PM $30 209776-06

3/20–4/17 Su 10:00–11:00 AM $15 209776-07

4/24–5/22 Su 10:00–11:00 AM $15 209776-08

5/29–6/26 Su 10:00–11:00 AM $15 209776-09

Teen TRX

3/15–4/14 Tu,Th 6:15–7:15 AM $30 209781-01

4/19–5/19 Tu,Th 6:15–7:15 AM $30 209781-02

5/24–5/26 Tu,Th 6:15–7:15 AM $30 209781-03

General

Nia
Class will not be held on 5/30.

3/14–4/11 M 1:00–2:00 PM $15 209709-01

4/18–5/16 M 1:00–2:00 PM $15 209709-02

5/23–6/20 M 1:00–2:00 PM $12 209709-03

3/16–4/13 W 1:00–2:00 PM $15 209709-04

4/20–5/18 W 1:00–2:00 PM $15 209709-05

5/25–6/22 W 1:00–2:00 PM $15 209709-06

Yoga

Parent/Baby Yoga
Age: 6–18 months

3/18–4/15 F 10:00–11:00 AM $30 209760-01

4/22–5/20 F 10:00–11:00 AM $30 209760-02

5/27–6/24 F 10:00–11:00 AM $30 209760-03

Parent/Toddler Yoga
Age: 18 months–3 years

3/18–4/15 F 11:00 AM–Noon $30 209760-04

4/22–5/20 F 11:00 AM–Noon $30 209760-05

5/27–6/24 F 11:00 AM–Noon $30 209760-06

Teen Yoga

3/18–4/15 F 3:30–4:30 PM $15 209763-01

4/22–5/20 F 3:30–4:30 PM $15 209763-02

5/27–6/24 F 3:30–4:30 PM $15 209763-03

3/20–4/17 Su 3:00–4:00 PM $15 209763-04

4/24–5/22 Su 3:00–4:00 PM $15 209763-05

5/29–6/26 Su 3:00–4:00 PM $15 209763-06

Kids Yoga
Age: 4–5 years

3/18–4/15 F 4:30–5:00 PM $7.50 209764-01

4/22–5/20 F 4:30–5:00 PM $7.50 209764-02

5/27–6/24 F 4:30–5:00 PM $7.50 209764-03

3/20–4/17 Su 12:45–1:15 PM $7.50 209764-04

4/24–5/22 Su 12:45–1:15 PM $7.50 209764-05

5/29–6/26 Su 12:45–1:15 PM $7.50 209764-06

Age: 6–8 years

3/18–4/15 F 5:10–5:40 PM $7.50 209764-07

4/22–5/20 F 5:10–5:40 PM $7.50 209764-08

5/27–6/24 F 5:10–5:40 PM $7.50 209764-09

3/20–4/17 Su 1:20–1:50 PM $7.50 209764-10

4/24–5/22 Su 1:10–1:50 PM $7.50 209764-11

5/29–6/26 Su 1:20–1:50 PM $7.50 209764-12

Age: 9–12 years

3/18–4/15 F 5:45–6:30 PM $11.25 209764-13

4/22–5/20 F 5:45–6:30 PM $11.25 209764-14

5/27–6/24 F 5:45–6:30 PM $11.25 209764-15

3/20–4/17 Su 2–2:45 PM $11.25 209764-16

4/24–5/22 Su 2–2:30 PM $11.25 209764-17

5/29–6/26 Su 2–2:45 PM $11.25 209764-18

Gardens on Spring Creek

All programs are hosted at the Gardens on Spring Creek unless otherwise noted. Hours and location information is on page 14. Members of the Gardens on Spring Creek receive discounted rates. For more information about the Gardens on Spring Creek programming and to register, visit fcgov.com/gardens.

Special Events

Spring Plant Sale

Home gardeners can select from many standard and unique varieties of annual plants, vegetable starts, herbs, and perennials. Plants are grown by the Gardens on Spring Creek and horticulture students of Colorado State University and Front Range Community College.

Age: All

Members Only Sale

5/6 F 3:00–6:00 PM

Community Sale

5/7 Sa 9:00 AM–4:00 PM

5/8 Su Noon–5:00 PM

Adult Programs

The following classes are recommended for adults ages 18 years & up unless otherwise noted. Pre-registration is highly recommended.

Building Patios

Learn how to design and install flagstone and paver patios and
walkways according to professional standards. Learn how to prep
the space and base, calculate for drainage and grade, installation tips and tricks, compaction, and cutting. Note: Price reduced by
Fort Collins Utilities to promote water conservation.

3/5 Sa 12:30–1:30 PM $5

Compost: Buying It, Making It, Using It

Adding compost to the soil is considered an important component
of good soil management for our Colorado landscapes. Discuss what to look for when buying compost, how to make your own compost from landscape trimmings, and how to properly apply compost to your garden. Note: Price reduced by Fort Collins Utilities to promote water conservation.

3/12 Sa 10:00 AM–Noon $8

Tree Pruning for Restoration and Enhancement

Pruning your trees correctly while they’re small makes all the difference in their shape and health as they mature. Learn the science and the art of correct pruning for shade and ornamental trees both young and old. Weather permitting. A portion of class is hands-on and takes place outdoors in the Gardens.

3/12 Sat 1–3:30 PM $18

 $15 member

Starting Cool – Season Seeds in a Cold Frame

Explore cool-season crops that can be planted in cold frames
or started indoors, then moved outside. Learn about selection
of seed varieties, germination of seeds, soil mixes, grow lights, transplanting, and fertilization. This class does not cover building cold frames, but a handout is available with several ideas to
build your own.

3/19 Sa 10:00 AM–Noon $15

 $12 member

Zentangle® for Beginners

Zentangle® is an easy way of creating beautiful images by drawing structured patterns called tangles. It is a proven method to promote mindfulness and fosters self-esteem, focus, relaxation, creativity, and stress relief. Instruction and all materials (that you can keep) are provided to create a paper tile of your own.

3/19 Sa 1:00–3:00 PM $40

 $35 member

Everything You Wanted To Know About Xeriscaping

Colorado’s Front Range is a mile-high desert; gardening accordingly is more sustainable and just makes sense. Learn about xeriscaping, how to put the right plant in the right place, and how to water your landscape efficiently. Note: Price reduced by Fort Collins Utilities to promote water conservation.

3/26 Sa 10:00 AM–Noon $8

The Dry Garden: Plants & Practices for
Un-Watered Colorado Gardens

Learn how to create and maintain an un-watered garden.
Participants walk away with a list of plants (focusing on natives), design techniques, and practical information to use in dry areas. Also learn pros and cons of utilizing native turf for the Colorado landscape. Note: Price reduced by Fort Collins Utilities to promote water conservation.

4/2 Sa 10:00 AM–Noon $8

Veggies in Raised Beds 101

Learn step-by-step how to start and easily maintain a productive raised bed vegetable garden. Learn about soil development, how to build raised beds, where to locate a garden, and choosing crops.

4/2 Sa 2:00–4:00 PM $18

 $15 member

Just Drip It

This hands-on class covers the basics of drip irrigation. Understand component functions and how they fit together to create a simple watering system for your patio, vegetable garden, or flower beds. Learn how to design, install, or troubleshoot your own system. Note: Price reduced by Fort Collins Utilities to promote water conservation.

4/9 Sa 10:00 AM–Noon $10

Designing the Mixed Garden

A mixed garden harmoniously combines trees, shrubs, and perennials in one bed. Learn how to use basic landscape design fundamentals and plant colors, textures and forms to build stunning border gardens and island beds. Work through the design process and learn strategies for creating low-water, high-impact gardens that offer multiple seasons of beauty. Note: Price reduced by Fort Collins Utilities to promote water conservation

4/9 Sa 2:00–4:00 PM $8

How to Turn a Brown Thumb Green

Learn about some of the easiest plants to grow, when and how to plant, how to water, gardening terms, and the basics of how to improve your soil (and why it needs it). Learn techniques that can be applied to landscape plants, vegetable gardens, and houseplants.

4/13 W 5:30–7:30 PM $15

 $12 member

Grow Great Tomatoes and Peppers

Discover the best techniques for growing your most successful crop of tomatoes and peppers yet. Learn about nutrient needs of the plants, staking and trellising systems, dealing with pests, and tips on growing tomatoes and peppers in containers. And, be among the first to see the Gardens’ Plant Sale veggie list.

4/16 Sa 10:00 AM–Noon $15

 $12 member

Zendala

Learn new tangles and techniques from Zentangle® and create two mandalas using pre-strung Zendala tiles. Supplies provided; feel free to bring your own, as well.

4/16 Sa 1:00–3:00 PM $40

 $35 member

Underused Perennials

Learn about easy to grow, drought tolerant plants. Topics include: Perennials with multi-season interest; Plants that are good for pollinators; Long-blooming varieties; and Cultivars that are better than the ones commonly grown. Note: Price reduced by Fort Collins Utilities to promote water conservation.

4/23 Sa 10:00 AM–Noon $8

Roses Here Are Easier Than You Think

Learn from a former Jackson-Perkins Roses VP and rose trial judge what is fact or myth about rose care. Discover easy tips to help grow beautiful roses and how to cut them to bring into your home.

4/30 Sa 10:00 AM–Noon $18

Make Your Own Container Crevice Garden

One of the latest gardening trends is growing plants that need special drainage in the cracks between vertical rocks. Try out this gardening style without buying tons of rock or renovating your yard. Bring your own trough or other bowl container 12–15" wide. Soil, rock, plants, and instruction provided.

5/14 Sa 1:30–3:30 PM $30

 $25 member

Take Control of your Sprinkler System

Learn the latest on irrigation systems and how to monitor, make adjustments, and understand the functions on your sprinkler controller. Also, experiment with various types of controllers, heads, and nozzles. Features you might not be using now can make watering easier while saving water and money. Note: Price reduced by Fort Collins Utilities to promote water conservation. Each participant receives a free high-efficiency nozzle for their sprinkler system. Weather permitting. A portion of class takes place outdoors to look
at watering systems.

5/21 Sa 10:00 AM–Noon $8

Basics of Rock Gardening

Learn how the rock garden at The Gardens was created and how to implement these methods into your home landscape. Explore basic aspects of rock gardening from rock placement to soil choices to indispensable plants.

5/21 Sat 1:00– 3:00 PM $15

 $12 member

Youth Programs

Read and Seed

Develop the school readiness skills of early language comprehension and fine motor skills while exploring creativity, curiosity, and the natural world. Programming includes story time and an educational, hands-on activity. This is a child with parent class. This is a drop-in class; no registration required. Class is not discountable. Cost: $3 per child. No class: 5/30

Monday 10:00–10:45 AM and 11:00–11:45 AM

Tuesday 10:00–10:45 AM and 11:00–11:45 AM

March

Week of 3/7 Kites

Week of 3/14 Lion masks

Week of 3/21 Daylilies

Week of 3/28 Doughnut Seeds

April

Week of 4/4 Sensory Game

Week of 4/11 Fingerprint Cherry Tree

Week of 4/18 Clouds

Week of 4/25 Caterpillars

May

Week of 5/2 Pressed Flower Bookmarks

Week of 5/9 Garden Markers

Week of 5/16 Marigold Planting

Week of 5/23 Snakes

Week of 5/30 Insect Viewers (no class 5/30)

Spring Break Camps

Those with a Gardens on Spring Creek Family Membership receive a $10 discount. Scholarships available.

Junior Garden Ranger

Explore the Gardens and learn a new skill each day. Focus on orienteering, insects, forestry, and identification of plants and birds. Children may be dropped off as early as 8 a.m. Camp begins at 9 a.m.

Age: 5–11 years

3/14–3/18 M–F 9:00 AM–Noon $125

Garden Explorer

Enjoy hands-on exploration and investigation of gardening and the natural world through science experiments and nature-based activities. Learn tricks of the gardening trade and plant a raised bed.

Age: 5–11 years

3/14–3/18 M–F 1:00 PM–4:00 PM $125

Participating in both camps?

Pack a lunch and stay at The Gardens for supervised fun in the Children’s Garden from 12–1 p.m. for an additional $20 for the week.

School’s Out Day Camps

School’s Out Day Camps are available for children ages 5–11 years. Pack a lunch and come spend a day gardening, composting, cooking, crafting and discovering. Scholarships are available. Preregistration is required.

2/26 F 9:00 AM–4:00 PM $45

4/8 F 9:00 AM–4:00 PM $45

Tree Trunks

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about stress successful and fun. These arbor-themed kits are a collaborative project made possible by Society of American Foresters, the Gardens on Spring Creek, Front Range Community College, Colorado State Forest Service, and US Forest Service. Trunks are available for elementary school and middle school to adult.

Cost: $50 refundable damage deposit

Birthday Parties

Enjoy 90 minutes of birthday fun in our Green Roof Shelter. Birthday parties include 30 minutes of Gardens instructor-led activities and playtime in the Children’s Garden. Guests provide food, beverages, paper products, and utensils. One adult chaperone per party required. Two week advanced registration required.

Age: 2–9 years
Cost: $130 for up to 10 children

Scout Badge Program

Scout programs are customized to fit the needs of your troop including, but not limited to gardening, natural resources, and cooking. Programs last two hours and cost $10 per scout. One adult required per five scouts. Each program offers hands-on exploration and activities led by Gardens guides. All ages welcome. Pre-registration required. Programs available year-round; garden activities dependent on weather and seasonal availability.

Health and Wellness Services

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and University of Colorado Health. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; programs are denoted with an.

Balance Assessments

Assessments using the STEADI (Stopping Elderly Accidents, Deaths, & Injuries) system from the Center for Disease Control and Prevention. Participants are rated based on fall risks. Staff make suggestions based assessment results. 30-minute appointments. Provider: UCHealth Rehabilitation Staff

Location: Senior Center

3/22 T 1:00–3:00 PM $10

Blood Pressure Checks

Sit with a registered nurse one-on-one for a blood pressure check and to ask any health-related questions.

Location: Senior Center Lobby

3/14, 4/11, 5/9 M 10:00 AM–Noon no fee

Cholesterol Screenings

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations in 20-minutes. 8-hour fast recommended
prior (water and medications permitted). Appointments strongly recommended. Provider: Health District Nurse; contact to schedule
an appointment (970.224.5209)

Location: Senior Center

3/1, 4/5, 5/3 T 8:15–10:30 AM $15

3/17, 4/21, 5/19 Th 8:15–10:30 AM $15

Fitness Check-Up

Check your body fat percentage and BMI. Then, perform
simple strength, cardio, and flexibility tests to determine your strengths and weaknesses. Test periodically to see changes. 45-minute appointments.

Location: Senior Center

3/7, 3/21, 4/11, 5/9 M 1:00–4:00 PM $5

Location: Foothills Activity Center

3/24, 4/21, 5/12 Th 9:00 AM–Noon $5

Foot Care and Assessment

Undergo a foot soak, foot care, and foot assessment, as well as a sloughing treatment, light massage, nail trimming, and have your corns and/or calluses addressed. 30-minute appointment. Provider: Podiatrist Dr. Kate Johnson, PDM

Location: Senior Center

Every other Friday 2:00–4:00 PM $40

Golf Fitness Assessment

Designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results, exercises and suggestions are shared to help you become a stronger golfer. Contact 970.416.4280 to schedule a 30-minute appointment.

Location: Foothills Activity Center

3/10 Th 8:00–11:30 AM $20

4/14 Th 8:00–11:30 AM $20

5/12 Th 8:00–11:30 AM $20

Hearing Screenings and Wax Removal

If you are experiencing ringing in the ears, have frequent exposure to loud noises, feel like your ears are clogged, or have difficulty hearing, visit with a licensed audiologist for a hearing test and review. Provider: Dr. Stuart Tomlin, Hearing Rehab Center of Fort Collins

Location: Senior Center

3/2, 4/6, 5/4 W 10:00 AM–Noon No Fee

Massage, Reflexology, Compression Massage

Benefit from traditional massage, reflexology, and compression massage (for those who need just enough pressure to ensure a calming and soothing sensation). Provider: Cynthia DiRaimondo. Note: To schedule an appointment, contact the Senior Center (970.221.6644).

20-minutes $20
40-minutes $40
60-minutes $60

Location: Senior Center

Mondays: 9:00 AM–1:00 PM
Wednesdays: 11:00 AM–3:00 PM

Massage

Relieve stress, treat stiff and achy muscles, and flush the toxins from your body. Massage not only feels good, but it’s good for you health, too! Note: To schedule an appointment, contact Foothills Activity Center (970.416.4280).

20 minute $20
40 minute $40
60 minute $60

Rossiter

Restore connective tissue to its natural, healthy state, creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes 30 minutes. You must be able to get up and down off the floor.

Location: Senior Center

3/1–5/24 T 10:00 AM–1:00 PM $45

Location: Foothills Activity Center

Contact Foothills Activity Center (970.416.4280) for availability.

Medical Education

Balance & Fall Prevention

Specialists from UCHealth Rehabilitation Services will discuss basic fall prevention strategies including how medication, vision and environment impact potential for falls. Class will include information on gait, balance and assistive devices.

Location: Senior Center

3/1 Tu 2:00–3:00 PM No Fee 225413-01

Parkinson’s Wellness Recovery

Developed by Dr. Beck Farley for those with diagnosed Parkinson’s disease to improve balance and walking, and to slow the
progression of the disease. Designed for persons who have trouble
with balance and walking in the home. Provider: UCH neurologic physical therapists.

Location: Senior Center

3/2–4/6 W 1:00–2:00 PM $40 225416-01

Staying Fit After Menopause

Includes instructional portion and an exercise portion focused on specific strengthening needs for women after menopause. Bring an exercise mat if you have one. Provider: Sharon Petty, PT, DPT, OCS, Outpatient Rehabilitation Services, PVH.

Location: Senior Center

3/14 M 4:00–5:30 PM $10 225414-01

Living Well With Diabetes

Learn goal setting, problem solving, and tools to help you manage your diabetes and prevent or delay serious complications. This class does not replace services provided by a diabetes educator.

Location: Senior Center

3/22–4/26 Tu 9:30 AM–Noon No Fee 225407-01

Do You Have a Bossy Bladder?

A lecture and exercise class for individuals looking to improve bladder and bowel control. Provider: Krista Covell-Pierson, Occupational Therapist

Location: Senior Center

3/23 W 2:00–3:00 PM $20 225453-01

5/6 F 1:30–3:30 PM $20 225453-02

Health Information 101

Nine out of ten adults need help finding the information they needed to prevent medical problems. This presentation helps you find and understand the information you need for the health you want. Provider: Dianne Grimmett, RN, M.Ed., Columbine Health Systems

Location: Senior Center

3/24 Th 10:00–11:00 AM $5 225420-01

Magical Power of Sleep

Discover why sleep is so important, how we can improve our sleep, what disorders cause us to lose sleep, and what can we do to get better sleep. Provider: Rene DeMattei, UCHealth Sleep Lab.

Location: Senior Center

Importance of Sleep and Getting a Good Night’s Rest

3/31 Th 9:30–11:00 AM $5 225448-01

Snoring, Sleep Apnea, and Movement Disorders

4/7 Th 9:30–11:00 AM $5 225448-02

Insomnia and Circadian Rhythm

4/14 Th 9:30–11:00 AM $5 225448-03

Swallowing Problems

Learn about swallowing, including an explanation of swallowing anatomy, causes of disorders, diagnostic procedures, and treatment options. Provider: Nancy Malley, MA, CCC-SLP, PVH – Cancer Center & Outpatient Rehabilitation.

Location: Senior Center

4/12 Tu 9:00–10:30 AM $10 225415-01

Improve Balance thru Exercise

Learn about balance related issues from footwear, vision, weakness, posture, home modifications, and medications, and participate in hands-on exercises. Provider: UCHealth specialists.

Location: Senior Center

4/12–5/17 Tu 9:00–10:00 AM $35 225417-01

Brain Changer – Exercise!

Discussion about how exercise influences the brain and what types of exercise can preserve and improve cognitive function, restore sleep, and decrease pain.

Provider: Dr. Arden Mahaffey, Physiatrist, UCHealth.
Location: Senior Center

4/19 Tu 6:00–7:30 PM $5 225401-01

Power Punch Parkinson’s

Move and train like a boxer, without the hitting. This class is an introduction to the art and science of movement in boxing that provides those with Parkinson’s a variety of skill movements such as enhancing strength, balance, coordination, aerobic capacity, and endurance. Note: Wear clothes and shoes appropriate for exercise.

Location: Senior Center

4/22 F 11:00 AM–Noon $8 225447-01

Gardening Back & Upper Body

Learn stretches for gardening, adaptive equipment, injury prevention, and modified activity training for gardening specific activities. Also discuss alternatives for getting down to our plants or bring them up to our level. Provider: PVH Outpatient Rehabilitation Services.

Location: Senior Center

5/4 W 9:30–11:00 AM $10 225412-01

Manage Your Mind & Stress

Although complex meditation programs can offer significant benefits, there are also simple, practical tips that anyone can use to lower their stress and increase their wellness. Whether you are struggling with significant issues or simply want to increase the quality of your life, help is as close as your own mind. Provider: Dianne Grommett, RN, M.Ed.

Location: Senior Center

5/9 M 1:00–2:00 PM $5 225422-01

Benefits of Medical Acupuncture

Medical acupuncture improves quality of life. Using concepts of neurology, anatomy, and physiology, investigate medical acupuncture and what conditions it can help. Provider: Dr. Katie Weatherhogg, M.D., UCHealth Physical Medicine & Rehabilitation.

Location: Senior Center

5/18 W 2:00–3:30 PM $5 225409-01

Wellness Education

Parkinson’s Support Group

The Parkinson’s Support Group in Larimer County (PSGLC) provides a variety of programming for person’s with Parkinson’s disease and their care partners. Monthly meetings offer education, support, and fellowship. Visit pdsupportlc.net for more information.

Location: Senior Center

3/2 W 10:30 AM–12:30 PM No Fee 225430-01

4/6 W 10:30 AM–12:30 PM No Fee 225430-02

5/4 W 10:30 AM–12:30 PM No Fee 225430-03

Taming Stress: A Mindful Map

Stress and negative self-thoughts can be our constant companions. Learn how to tame your inner Gremlin with the help of three practices which constitute our Mindful MAP and bring greater awareness and self compassion into your life.

Location: Senior Center

3/8 Tu 10:00–11:00 AM No Fee 225425-01

Memory Fitness & Relaxation

Sharpen your memory skills with strategies developed by UCLA longevity and memory expert Dr. Gary Small. Learn fun, practical memory strategies, and stress reductions tips. Provider: Patti Welfare, UCHealth Aspen Club.

Location: Senior Center

3/9 W 1:30–3:00 PM $5 225403-01

Know the 10 Signs

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to enroll in clinical studies, begin drug treatment, and plan for the future.

Location: Senior Center

3/10 Th 10:00–11:30 AM No Fee 225424-01

Creating a Continuum of Services: Palliative Care

An in-depth discussion about palliative care, how it can be utilized to help manage symptoms, and provide positive outcomes for both patient and family.

Location: Senior Center

3/14 M 10:00–11:00 AM No Fee 225440-01

Community Sign Language

Introductory class for learning American Sign Language signs for useful, everyday words.

Location: Senior Center

3/15 Tu 10:00–11:00 AM $15 225437-01

Achieve Your Health Goals

Learn how to establish achievable health goals by developing an action plan that makes your goals become a reality. Discuss healthy eating, the importance of exercise, reducing stress, improving sleep, how the things are interrelated, and how to start putting your personal health and wellness first.

Location: Senior Center

3/15 Tu 1:00–2:00 PM No Fee 225431-01

Living Well

Maintaining a healthy lifestyle ensures independence. Living in a community with access to opportunities to maintain health is exciting, but overwhelming. Find ways to prevent injury, maintain safety, and navigate in the event of an unexpected injury or illness.

Location: Senior Center

3/16 W 4:00–5:00 PM No Fee 225462-01

4/19 Tu 4:00–5:00 PM No Fee 225462-02

5/3 Tu 10:00–11:00 AM No Fee 225462-03

4 Quarters Make More Than $1

Listen to four human interest stories that eventually tie together and focus not upon that which is lost in the process of aging, but on what is gained. Apply the appropriate value perspectives to the four quarters of life to generate positive energy and feelings.

Location: Senior Center

3/23 W 9:30–11:30 AM $12 225461-01

Life Reimagined Checkup

Life is full of checkups - our health, finances, car, pets. How about a checkup for our life? During this session, hit the pause button, take a break, reflect on what’s happening, and consider “What’s next?” Provider: AARP

Location: Foothills Activity Center

3/24 Th 9:30–11:30 AM No Fee 225427-01

5/3 Tu 1:30–2:30 PM No Fee 225427-03

Location: Senior Center

4/11 M 9:30–11:30 AM No Fee 225427-02

5 Wishes: Hard Choices for Loving People

Discuss the importance of having your wishes and preferences at the end of life known, and how the 5 Wishes document can easily provide this, as well as create the opportunity to have this very important conversation.

Location: Senior Center

4/5 Tu 1:00–2:00 PM No Fee 225443-01

Aging Mastery Program

Explore the realities of aging, making the most out of the gift of longevity and taking small steps to improve health, financial well-being, and quality of life. The National Council on Aging designed this class so every week expert speakers share their valuable insights on 10 key topics.

Location: Senior Center

4/6–6/8 W 9:30–11:00 AM $50 225400-01

EnhanceWellness

Open classes on a variety of wellness topics designed to help you set achievable goals and work toward enhancing your life. Provider: Enhance Wellness Program, Aspen Club. Note: To register, contact 970.495.7335.

Location: Senior Center

4/6–5/25 W 10:00–11:00 AM No Fee

Nutrition for Mental Health

Learn how gut health is related to mental health, and how we can eat and supplement to boost memory and balance, and relieve pain. Provider: Gurpreet Ahuja, MD

Location: Senior Center

4/7 Th 10:00–11:30 AM $15 225433-01

Attention Workshop

Learn how attention can impact all areas of our lives through this interactive class. Gain useful tools for keeping your focus sharp.

Location: Senior Center

4/13 W 1:30–2:30 PM $15 225438-01

Roommates & Risk for Seniors

Discuss the legal risks, financial implication, common law marriage myths, “caregiver” claims, and the social and psychological implications about living with roommates. Provider: Amy K. Rosenberg, attorney and L. Kirsten Hartman, CMC, Aging Life Care Manager.

Location: Senior Center

4/14 Th 9:30–11:00 AM No Fee 225423-01

Natural Treatment of IBS

Discuss a condition found in 80% of those with irritable bowel syndrome and learn how to identify the cause of your condition so that you can treat it without drugs. Provider: Dr. Joan Waters

Location: Foothills Activity Center

4/18 M 4:00–5:00 PM No Fee 225455-02

Location: Senior Center

5/9 M 6:00–7:00 PM No Fee 225455-01

How Hospice Can Help You

Discuss the myths and facts of hospice care such as when to initiate Hospice services, the team approach utilized in managing one’s care at the end of life, and grief and bereavement services for those that are left behind.

Location: Senior Center

4/21 Th 11:00 AM–Noon No Fee 225441-01

Making it Stick

Behavior changes rarely stick the first time. Yet, a little knowledge can positively alter the dynamic of our efforts. Explore basic behavior change theory, learn steps and stages of change, and match your behavior change strategy to your stage of change so you can make your efforts stick.

Location: Senior Center

4/28 Th Noon–1:00 PM No Fee 225426-01

Traits of Long-Lived People

Fascinating and practical exploration of how your attitudes, personality, and feelings about life impact your health, happiness, well-being, and longevity. Provider: Fred Singer, Regis University Adjunct Professor, and author of Change Your Mind, Save Your Life: How your Mind Affects your Health & What you Can Do About It.

Location: Foothills Activity Center

4/28–5/26 Th 7:00–8:30 PM $25 225435-02

Location: Senior Center

4/25–5/23 M 10:00–11:30 AM $25 225435-01

Memory Workshop

Learn helpful, useful tools in a fun, interactive way for keeping your mind sharp and your memory working for you.

Location: Senior Center

5/5 Th 1:00–2:00 PM $15 225436-01

Arthritis Support Group

Designed to offer information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related resources, network, and share experiences. Note: Register with the Aspen Club, 970.495.8560.

Location: Senior Center

5/9 M 11:00 AM–12:30 PM No Fee

Balance Your Busy Life

Find out which areas of your life need attention in order to reduce stress and create more balance in your daily life. Evaluate your lifestyle in order for you to create more balance at work and more happiness at home. Provider: Kellie Falbo, Peak Health & Wellness.

Location: Senior Center

5/10 Tu Noon–12:50 PM No Fee 225432-01

Wonder of Walking – Walk Shop

Walking offers a host of benefits such as weight loss, mood improvement, diabetes control, and lowered blood pressure. Engage your brain with fun mental challenges, learn how to use walking poles, and increase intensity. Enter for a chance to win walking shoes and poles.

Location: Senior Center

5/14 Sa 8:30 AM–Noon $10 225411-01

The Last Conversation

A candid discussion about death and dying, and the importance of being able to make your needs known to your family and loved ones.

Location: Senior Center

5/16 M 10:30–11:30 AM No Fee 225442-01

Nutrition

Why Weight?

Become empowered and motivated to conquer triggers, change habits, and gain confidence to control your weight for long-range health and happiness. Provider: Cheryl, MS Behaviorist.

Location: Foothills Activity Center

4/6–4/27 W 4:00–5:30 PM $60 225459-07

Location: Senior Center

3/8–3/29 Tu 10:00–11:30 AM $60 225459-01

4/5–4/26 Tu 10:00–11:30 AM $60 225459-02

5/3–5/24 Tu 10:00–11:30 AM $60 225459-03

3/8–3/29 Tu 4:00–5:30 PM $60 225459-04

4/5–4/26 Tu 4:00–5:30 PM $60 225459-05

5/3–5/24 Tu 4:00–5:30 PM $60 225459-06

Eggs are Exceptional

Discuss eggs, their health benefits, and nutritional punch. Recipes provided with meal ideas. Provider: Jenifer Bowman, MS,RD, UCHealth

Age: 18 years & up
Location: Senior Center

3/15 Tu 11:00 AM–Noon $5 225405-01

Nutrition Essentials

Based on Food for Life: The power of plant-base nutrition for health, Learn how to lose weight, maintain a healthy weight, eat healthy, lower cholesterol, have to better control diabetes, lower blood pressure, improve mood, and energy levels, and make a qualitative shift as opposed to a quantitative shift in the way we eat.

Location: Senior Center

3/21 M 10:00–11:30 AM No Fee 225465-01

Eating for Energy

With the demands of today’s hectic lifestyles combined with too
few hours of quality sleep and poor eating habits, it’s no wonder many people complain of fatigue and low energy. Learn how to
boost your energy and vitality by making strategic changes to your diet and lifestyle. Provider: Kellie Falbo, Health Coach

Location: Foothills Activity Center

4/12 Tu 10:00–11:00 AM No Fee 225731-01

Super Foods in Your Kitchen

Super foods are those that have great nutritional value and are loaded with ingredients that support long and healthy living. Learn how to prepare super foods in simple and delicious ways. Provider: Chef Sapna Von Reich.

Location: Senior Center

5/9 M 10:00–11:30 AM $10 225466-01

Financial Management

“Smart-Sizing” of Down-Sizing

Whether you are moving or staying put, these tips and ideas help save time, energy, money, and space. Seasoned experts share tips for how to move in, out, up and down, and for transitioning into a new home and/or phase of life.

Location: Senior Center

3/21 M 10:00–11:00 AM No Fee 225434-01

4/26 Tu 1:00–2:00 PM No Fee 225434-02

5/19 Th 10:00–11:00 AM No Fee 225434-03

Estate Planning Toolbox

Discuss basic estate planning instruments that everyone should consider adding to their tool box for ultimate preparedness. Review each tool, learn what they do, and how you can put them to work for you. Provider: Cheryl Lee Van Ackern, attorney.

Location: Foothills Activity Center

3/22 Tu 9:30–10:30 AM No Fee 225428-01

Location: Senior Center

5/10 Tu 10:00–11:00 AM No Fee 225428-02

Roth IRA-Less Taxing Retirement

Designed to educate investors about the opportunity to gain tax free income in retirement. Learn the differences between traditional and Roth IRAs and the benefits and tax consequences of converting to a Roth IRA. Please consult a tax attorney or qualified tax advisor regarding your situation.

Location: Senior Center

3/22 Tu 10:00–11:00 AM No Fee 225457-01

7 Tactics to Raise Credit Scores

Understanding the credit scoring system can empower you to
control your score and save both time and money. Learn how
to obtain your reports and scores, as well as specific strategies
to improve your score.

Location: Foothills Activity Center

3/22 Tu 6:30–7:30 PM No Fee 225732-01

Identity Theft, Fraud, & Scams

Thieves want your information. From national database hacking and email scams to dumpster diving, the dangers are real. Discuss on-line safety practices, passwords, and phone safety. Learn ways to minimize your risk and get specific action steps to implement immediately.

Location: Foothills Activity Center

4/5 Tu 6:30–7:30 PM No Fee 225733-01

Get Advanced Directives Done

Advanced directives grow in importance as we age. Learn about and complete living wills and medical health care directive forms and discuss end of life issues and the importance of letting your loved ones know your plans. Provider: Patti Welfare, UCHealth Aspen Club.

Location: Senior Center

4/13 W 1:30–3:00 PM No Fee 225408-01

Guard What You’ve Worked For

Learn strategies designed to help you guard your most
valuable assets and protect your pre- and post-retirement.
Provider: Edward Jones

Location: Senior Center

4/19 Tu 10:00–11:00 AM No Fee 225458-01

To Trust or Not to Trust

Do you have a bypass or family trust as part of your estate plan?
With the increase in estate tax exemptions, this type of trust may result in higher taxes. Learn if you should reconsider this estate
plan structure or if you are a beneficiary of an existing trust, how
the trust might be unwound.

Location: Senior Center

4/28 Th 10:00–11:00 AM No Fee 225429-01

Money Personalities

Are you a high roller, avoider, or hoarder? How you feel about money impacts your financial actions and can add stress to relationships. Learn some of the labels researchers have used to describe our money personalities, plus take a Money Motivations quiz to help understand your own personality.

Location: Foothills Activity Center

5/4 W 6:30–7:30 PM No Fee 225734-01

College: From Here to There

Discuss questions to consider as you establish a college savings goal, saving strategies to help you reach your goal, and the features of benefits from various education saving plans.

Location: Senior Center

5/10 Tu 10:00–11:00 AM No Fee 225460-01

Holistic Options

Spring Energy Medicine

Learn energetic techniques to use at home based on Chinese and energetic medicine that balance you with energies of the season. Renew your body-mind connection to feel a new kind of better.

Location: Senior Center

3/8 Tu 11:00 AM–Noon $10 225463-01

Natural Deep Restorative Sleep

Do you have trouble falling asleep? Do you wake up too early, and have trouble falling back asleep? Gain tools to achieve deep restorative sleep without the use of drugs. Presenter: Dr. Joan Waters

Location: Senior Center

3/9 W Noon–1:00 PM No Fee 225454-01

Location: Foothills Activity Center

3/21 M 4:00–5:00 PM No Fee 225454-02

Concept of Time

Learn about the cyclic nature of time and how it affects human life and the evolution of human consciousness. Discuss the importance of the Acquarian Age and Dvapara Yuga as known in India. Provider: Swamiji Dharmanda

Location: Senior Center

3/25–4/15 F 10:00–11:30 AM $40 225419-01

Acupuncture for Healthy Living

Learn how acupuncture helps people stay healthy and active, and increases energy, balance, stamina, improved memory, acute
and chronic pain relief, quicker healing times, facial rejuvenation, and eases arthritis, allergies, asthma, and digestion.

Location: Northside Aztlan Center

3/29 Tu 11:00 AM–Noon No Fee 225449-01

Location: Foothills Activity Center

4/26 Tu 11:00 AM–Noon No Fee 225449-02

Healthy Thyroid, Naturally

Do you have dry skin, difficulty concentrating, constipation, or depression? Discuss symptoms of thyroid dysfunction, ways to support your thyroid naturally, and the importance of proper thyroid testing to identify the source of the problem. Provider: Dr. Joan Waters

Location: Senior Center

4/6 W Noon–1:00 PM No Fee 225456-01

Location: Northside Aztlan Center

4/26 Tu Noon–1:00 PM No Fee 225456-02

Location: Foothills Activity Center

5/25 W Noon–1:00 PM No Fee 225456-03

5 Elements of Conscious Aging

Acupuncture and Chinese medicine view life’s rhythm in cycles and seasons, and are for those who want to age consciously-integrating body, mind, spirit and heart. Learn about this profound ancient medicine and the positive impact it can have on your optimal health and well being.

Location: Senior Center

4/12 Tu 11:00 AM–Noon No Fee 225450-01

Hands-on Energy Medicine

Learn practical methods to sleep better, gain mental clarity, and de-stress. Methods such as Reiki are proven to help reclaim your natural state of well-being. Balance mind, body, and emotions powerfully, yet gently with this form of hands-on healing.

Location: Senior Center

4/18 M 1:00–2:00 PM No Fee 225464-01

Energy Light Facial Rejuvenation

Energy Light Facial Rejuvenation (ELR) is a non-invasive approach to facial rejuvenation that promotes healthy and vibrant skin on the face without surgery, chemicals, needles, or downtime. ELR uses light, color, and mild micro current.

Location: Northside Aztlan Center

5/3 Tu 11:00 AM–Noon No Fee 225451-01

Eat, Breathe, Meditate

Breath is the first act of life, as well as the last. Learn simple, yet powerful breathing techniques to manage daily stress, sources of energy to maintain dynamism, and guided meditation. Also, learn a quick, easy way to get dark leafy greens into the body.

Location: Senior Center

5/22 Su 1:30–3:00 PM No Fee 225467-01

Ice Skating

Learn to Skate Lessons

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Tot, Basic 1 or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lesson are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Tot 1 & 2)

Gloves (thin, not ski mittens)

Fleece or light weight jacket

Skating dresses with tights or leggings/pants that are easy to move in

Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable.

Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. Program not discountable.

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available.

Team & Club Contacts

Adult Hockey

Fort Collins Adult
Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Women’s Hockey

Flames / Phoenix / Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Speed Skating

Jondon Speed
Jondonspeed.com

Curling

Poudre Valley Curling Club
Poudrevalleycurling.com

Special Events

Spring Ice Spectacular

Skaters from our Learn-to-Skate program are featured in the 1st annual Spring Ice Spectacular on May 6 & 7. Call 970.221.6683 for times and ticket information. Purchase tickets beginning 4/11 at 7 a.m. at EPIC or by phone, 970.221.6683 (press 3). Bring one canned good for $1 off the ticket price (one canned good per ticket).

Curling

Curling League

Try one of the fastest growing sports. Instruction available for those that have never played. No experience required. Sign up as an individual or a team of four.

Learn to Curl

For those that have never curled before and would like to see what it’s all about. Learn terminology and proper curling technique. In just two classes, learn to slide, throw stones, and sweep. Note: Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Helmets provided. League will not be held on 3/27.

Age: 8 years & up
Location: Edora Pool Ice Center

Curling League

3/13–5/1 Su 3:00–4:30 PM $77 210376-01

Learn to Curl

5/22 Su 3:45–5:15 PM No Fee 210376-03

Corporate Curling

Curling is a great team building exercise and also one of the
fastest growing sports. Call 970.416.2770 for pricing and to reserve a Tuesday for your group. No experience required. All equipment provided. Note: Participants need to wear helmet, clean rubber
soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up
Location: Edora Pool Ice Center

3/1–5/3 Tu 1:00–2:30 PM

Hockey

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice held on Tuesdays where the focus is on basic hockey and skating skills. Recreational game held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates included, sticks are available at equipment check-out for $10. Note: Equipment handout is 3/24 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session. On 5/10-19, class begins at 4:30 p.m.

Age: 4–8 years
Location: Edora Pool Ice Center

3/29–5/19 Tu,Th 4:15–5:00 PM $168 210372-01

Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by Olympic speed skater, Jondon Trevena. Full hockey gear required. Note: Class will not be held on 3/16, 5/11, 5/18, 5/25.

Age: 9–17 years
Location: Edora Pool Ice Center

3/2–5/4 W 4:00–4:45 PM $12

Drop-In Hockey

Open practice session for hockey players who want to sharpen their skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. for morning sessions and at 6 p.m. for evening sessions. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players. Not discountable. Note: Evening session will not be held on 4/7. Morning sessions will not be held on 5/5, or 5/6, 5/10, 5/12, 5/17, 5/19, 5/24, 5/26, 5/30. No session held on 5/5.

Age: 16 years & up
Location: Edora Pool Ice Center

3/1–5/30 M–F 11:15 AM–12:45 PM $4.50

3/3–4/28 Th 1:00–2:30 PM $4.50

3/8–5/19 Tu,Th 9:15–10:45 PM $4.50

Stick and Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed during stick and puck. Rules are posted in each arena. Note: Session will not be held on 3/27, 4/2, 4/9, 4/10, 5/7.

Age: All
Location: Edora Pool Ice Center

3/5–5/29 Sa,Su 2:30–3:30 PM $4.50

3/14–3/18 M–F 4:30–5:30 PM $4.50

Speed Skating

Speed Skating Beginner

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Program developed by Olympic speed skater, Jondon Trevena. Previous skating experience required. Note: Class will not be held on 3/16.

Age: 7 years & up
Location: Edora Pool Ice Center

3/2–5/25 W 5:00–5:30 PM $8 210392-01

Speed Skating Intermediate

Note: Class will not be held on 3/16.

Age: 7 years & up
Location: Edora Pool Ice Center

3/2–5/25 W 5:00–6:00 PM $15 210393-01

Adult Ice Skating

Adult Beginning and Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Classes, Basic 1-4 for skills learned (page 83). Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 3/17.

Age: 16 years & up
Location: Edora Pool Ice Center

3/3–3/31 Th 6:15–6:45 PM $34 210349-01

Adult Advanced

Good skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Classes, Basic 5-6 for skills learned (page 84). Note: Class will not be held on 3/17.

Age: 16 years & up
Location: Edora Pool Ice Center

3/3–3/31 Th 6:45–7:15 PM $34 210353-01

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. Note: Session will not be held on 3/25, 4/8, 4/29, 5/4, 5/5, 5/6, 5/9, 5/11, 5/13, 5/16, 5/18, 5/20, 5/23, 5/25, 5/27, 5/30.

Age: 16 years & up
Location: Edora Pool Ice Center

3/1–5/31 M–F 11:15 AM–1:00 PM $6

Senior Coffee Club

This program is for older adults interested in social skating. Regular fees apply. Note: Session will not be held on 5/11, 5/18, 5/25.

Age: 60 years & up
Location: Edora Pool Ice Center

3/2–5/4 W 9:15–10:45 AM

Youth Ice Skating

Tot 1 Skate

Introduction to the ice at a relaxed pace. Learn to sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse. Note: Tots must wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/15, 3/17.

Age: 4–5 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210302-01

3/1–3/31 Tu,Th 9:30–10:00 AM $64 210302-02

Tot 2 Skate

Prerequisite: Successful completion of Tot 1. Learn to march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Note: Tots must wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/15, 3/17.

Age: 4–5 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210304-01

3/1–3/31 Tu,Th 9:30–10:00 AM $64 210304-02

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area Class will not be held on 3/14, 3/15, 3/17.

Age: 5–9 years
Location: Edora Pool Ice Center

2/29–3/28 M 4:00–4:30 PM $32 210306-01

2/29–3/28 M 4:30–5:00 PM $32 210306-02

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210306-03

3/1–3/31 Tu,Th 10:00–10:30 AM $64 210306-04

4/4–4/25 M 4:00–4:30 PM $32 210306-05

4/4–4/25 M 4:30–5:00 PM $32 210306-06

Basic 2 Skate

Prerequisite: Successful completion of Basic 1 or be between ages 10–15 years and never skated. Learn forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/14, 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

2/29–3/28 M 4:00–4:30 PM $32 210310-01

2/29 M 4:30–5:00 PM $32 210310-02

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210310-03

3/1–3/31 Tu,Th 10:00–10:30 AM $64 210310-04

4/4–4/25 M 4:00–4:30 PM $32 210310-05

4/4–4/25 M 4:30–5:00 PM $32 210310-06

Basic 3 Skate

Prerequisite: Successful completion of Basic 2. Learn stroking, forward and backward pumping, backward slalom, two-foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two-foot spin. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210314-01

3/1–3/31 Tu,Th 10:30–11:00 AM $64 210314-02

Basic 4 Skate

Prerequisite: Successful completion of Basic 3. Learn stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 4:45–5:15 PM $64 210316-01

3/1–3/31 Tu,Th 10:30–11:00 AM $64 210316-02

Basic 5 Skate

Prerequisite: Successful completion of Basic 4. Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 5:30–6:00 PM $64 210318-01

Basic 6 Skate

Prerequisite: Successful completion of Basic 5. Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin. Note: Class will not be held on 3/15, 3/17.

Location: Edora Pool Ice Center
Age: 5–15 years

3/1–3/31 Tu,Th 5:30–6:00 PM $64 210322-01

Basic 7 & 8 Ice Skating

Prerequisite: Basic 6. Learn backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, forward and backward inside pivot, and moving forward outside and inside three turn. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 5:30–6:00 PM $64 210326-01

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, and alternating 3 turns. Note: Class will not be held on 3/15.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/29 Tu 6:15–6:45 PM $34 210330-01

Beginning Free Skate 1&2

Prerequisite: Basic 8. Focus on spins, jumps, and moves (15 minutes each). For a description of skills, see the Learn-to-Skate bulletin board at EPIC. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 5:15–6:00 PM $102 210332-01

Intermediate Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 5:15–6:00 PM $102 210334-01

Advanced Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Class will not be held on 3/15, 3/17.

Age: 5–15 years
Location: Edora Pool Ice Center

3/1–3/31 Tu,Th 5:15–6:00 PM $102 210336-01

Special Skate

Intensive Ice Skating Clinic

Spend Spring Break at EPIC working on your skating skills. Open to all Basic 1–Freeskate 6 level skaters (must have completed Basic 1). Classes are arranged by combined levels. Each day, skaters get intensive work on specific skating skills.

Age: 5–15 years
Location: Edora Pool Ice Center

3/14–3/17 M–Th 4:45–5:45 PM $40 210338-01

Outdoor Recreation

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or activity. We regret any such cancellation, but we are committed to safe programming. In case of a cancellation, a full refund is issued. If you need to cancel a trip, notify us by 10 a.m. two (2) days prior to trip departure for refund or credit, unless otherwise noted.

Adult Programming

Hunter Education

Learn the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates issued to those successfully complete the course. Saturday’s class involves reviewing of class material, written testing, and live fire testing. Note: Attendance at all classes mandatory (19 hours).This session meets on Tu & Th for two weeks and concludes on Saturday. All firearms are provided; do not bring them to class.

Age: 12 years & up
Location: The Farm

3/15–3/24 Tu,Th 7:00–10:00 PM $10 211932-01

3/26 Sa 8:00 AM–3:00 PM

Downhill Ski Trips – M

Motor coach trips are made to various ski resorts. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and stop in Loveland at I-25 and Hwy. 34 at 7:20 a.m. Note: Cancellation for Monday trips must be made by 10 a.m. the Friday prior to trip; Wednesday trip cancellations must be made by 10 a.m. the Monday prior to trip for refund or credit.

Age: 18 years & up
Location: Rolland Moore Park
Cost: $41/$34.85 member

Winter Park 3/2 W 211910-01

Copper Mountain 3/7 M 211910-02

Keystone/A-Basin 3/9 W 211910-03

Eldora 3/14 M 211910-04

Copper Mountain 3/16 W 211910-05

Winter Park 3/23 W 211910-06

Keystone/A-Basin 3/30 W 211910-07

Copper Mountain 4/6 W 211910-08

Snowshoe/X-Country Skiing – M

Designed for adults ages 50 years & up who enjoy a good physical challenge, but can also accommodate a range of individual paces. Ages 18 years & up also welcome. Depending on snow levels, trips could become hikes instead of snowshoe/x-country.

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic Centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or $20 entry fee.

Other equipment can be used on the trips designated Cross Country or Snowshoe with guide approval only . Contact 970.224.6136 for more information.

You should be in good health and capable of moderate physical activity. Bring your own equipment, water, and food. Cost includes transportation and guide.

Age: 18 years & up
Location: Pick up at the Senior Center.

Gem Lake (RMNP)

Mileage (round trip): 3.5 miles; lowest elevation: 7870 ft.; highest elevation: 8860 ft.; Outstanding views of Estes Park, Longs Peak, and the surrounding mountains.

3/16 W 8:00 AM–4:00 PM $30 211901-01

 $25.50 member

Red Mountain Open Space

Mileage (round trip): 5.5 miles; lowest elevation: 6300 ft.; highest elevation: 7200 ft. Explore the Big Hole near Wyoming, stunning red rock cliffs, and grassy plains.

3/24 Th 8:00 AM–3:00 PM $30 211901-02

 $25.50 member

Grey Rock/Meadow Loop

Mileage (round trip): 7 miles; lowest elevation: 5558 ft.; highest elevation: 6800 ft. Popular trail with views of the valley and peaks
to the west.

4/14 Th 8:00 AM–4:00 PM $30 211901-03

 $25.50 member

Kruger Rock Trail

Mileage (round trip): 4.0 miles; lowest elevation: 8415 ft.; highest elevation 9355 ft. Outstanding views of Longs Peak, the Continental Divide, and Sundance Mountain.

4/26 Tu 8:00 AM–4:00 PM $30 211901-04

 $25.50 member

Deer Mountain (RMNP)

Mileage (round trip); 6.2 miles; lowest elevation: 8940 ft.; highest elevation 10013 ft. View of Little Horseshoe Park and Mummy Range.

5/5 Th 8:00 AM–4:00 PM $30 211901-05

 $25.50 member

Homestead Meadows

Mileage (round trip): 4.5 miles; lowest elevation: 8300;
highest elevation: 8600; Explore beautiful open space area
rich in homestead history.

5/13 F 8:00 AM–4:00 PM $30 211901-06

 $25.50 member

Bridal Veil Falls (RMNP)

Mileage (round trip): 6 miles; lowest elevation: 7960 ft.; highest elevation: 8880 ft. Trail is best for brilliant plumes of white water.

5/18 W 8:00 AM–4:00 PM $30 211901-07

 $25.50 member

South Mesa Trail

Mileage (round trip) 4 miles; lowest elevation: 5636 ft.; highest elevation 5650 ft. Views of the Flatirons.

5/25 W 8:00 AM–4:30 PM $30 211901-08

 $25.50 member

For more relaxed trips check out Outdoor Strolls on page 107 in the Trips & Travel Section.

Youth Programming

Snow Tubing Trips

A day tubing up near Red Feather. Tube and lift ticket included. Dress for the weather.

Age: 12–15 years
Location: Northside Aztlan Center

3/19 Sa 8:00 AM–4:00 PM $54 215546-01

3/26 Sa 8:00 AM–4:00 PM $54 215546-02

Fishing Trips

A day of ice fishing. Supplies included. Dress for the weather.

Age: 12–15 years
Location: Northside Aztlan Center

Fort Collins Ponds

3/5 Sa 10:00 AM–3:00 PM $20 215548-01

4/2 Sa 10:00 AM–3:00 PM $20 215548-02

Red Feather Lakes

5/7 Sa 10:00 AM–3:00 PM $20 215548-03

Teen Spring Series

A variety of action packed fun including gym games, snowshoeing, Iron Chef Challenge, spring crafts, yoga, indoor rock climbing, and more.

Age: 12–15 years
Location: Northside Aztlan Center

3/5–3/26 Sa 8:00 AM–5:00 PM $190 215553-01

4/2–4/30 Sa 8:00 AM–5:00 PM $190 215553-02

5/7–5/28 Sa 8:00 AM–5:00 PM $190 215553-03

Stand Up Paddle Boarding

Explore the water on your feet on an SUP, or Stand Up Paddle board. Training and all equipment provided. Bring a swimsuit, towel, sunglasses and sunscreen. Note: Must have swimming experience.

Age: 12–15 years
Location: Northside Aztlan Center

4/16 Sa 10:00 AM–1:00 PM $45 215987-01

4/30 Sa 10:00 AM–1:00 PM $45 215987-02

5/14 Sa 10:00 AM–1:00 PM $45 215987-03

5/28 Sa 10:00 AM–1:00 PM $45 215987-04

Teen Hiking Trips

Age: 12–15 years
Location: Northside Aztlan Center

Horsetooth Rock

Horsetooth Falls and Horsetooth Rock Trail is a 5.0 mile out and back trail that features a waterfall and is rated as moderate.

3/12 Sa 9:00 AM–2:00 PM $25 215550-01

Grey Rock

Grey Rock Trail is a 5.7 mile loop trail that travels up a narrow valley and follows switchbacks up a ridge and then down to Greyrock Meadow through a stand of fir trees. The trail is rated moderate.

4/9 Sa 9:00 AM–2:00 PM $25 215550-02

Emerald Lake

The Nymph Lake, Dream Lake, and Emerald Lake hike is a 3.6 mile out and back trail. Located in Rocky Mountain National Park, it offers scenic views of Long’s Peak and is rated as moderate.

5/14 Sa 8:00 AM–4:00 PM $30 215550-03

Special Events

Visual Arts and Craft Show

View artwork submissions from artists ages 50 years & up. Artwork of all mediums is on display. For information about how to submit your artwork, see page 104.

Age: All
Location: Senior Center

5/1–6/1 M–F 6:00 AM–9:00 PM No Fee

5/1–6/1 Sa 8:00 AM–9:00 PM No Fee

5/1–6/1 Su 10:00 AM–9:00 PM No Fee

Cinco De Mayo

The Cinco de Mayo Fiesta is a celebration of history and
sharing cultural diversity among our communities. For
more information, contact Tyler Robertson (970.221.6729)
 or visit fortcollinscincodemayo.com.

Age: All
Location: Old Town Square

5/7 Sa 11:00 AM–10:00 PM No Fee

5/8 Sa,Su 11:00 AM–7:00 PM No Fee

SOAP Spring Show

Our wonderful SOAP (Slightly Older Adult Players) Troupe is at it again with a witty, funny, and musical show to entertain people of all ages.

Age: All
Location: Senior Center

5/6 F 1:30 PM $5

5/6 F 7:00 PM $5

5/7 Sa 2:00 PM $5

Spring Artisan Market

Shop local artisan products for Mother’s Day, or just for fun.

Age: All
Location: Senior Center

4/9 Sa 10:00 AM – 4:00 PM Free admission

Sports

Adult Sports Leagues

Spring Men’s Basketball

Teams sign up for their level preference on a first come basis. 6 games scheduled. Registration begins 2/11, ends 3/18 or when leagues fill. Leagues begin the week of 3/25. Note: Rosters are unlimited. Ages 16–17 need parent signature on roster prior to participation. League is not discountable.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $340 Date: 3/25–4/29

Fri Competitive 213901-01

Fri Recreational 213901-02

Summer Men’s Basketball

Gather up your co-workers and friends. Teams sign up for their level/playing preference on a first come basis. Registration begins 5/2, ends 5/27 or when leagues fill. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League is not discountable. Class will not be held on 7/1.

Age: 16 years & up Location: Northside Aztlan Center
Cost: $369 Date: 6/3–7/29

Fri Competitive 313001-01

Fri Recreational 313001-02

Spring Flag Football

Leagues are 8-on-8, non-contact. Registration begins 2/11, ends 3/11 or when leagues fill. 6 games scheduled, 6 games guaranteed. League begins the week of 3/21. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up Location: Rolland Moore Park
Cost: $329 Date: 3/21–5/2

Mon Recreational 213011-01

Spring Indoor Flag Football

Leagues are 8-on-8, non-contact. Games played Sunday mornings between 8 a.m.–Noon. Registration begins 2/11, ends 3/18 or when league fills. 6 games scheduled, 6 games guaranteed. League begins 3/27. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up Location: The Edge
Cost: $449 Date: 3/27–5/1

Sun Recreational 213912-01

Spring Coed Kickball

Form your team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 2/11, ends 3/11 or when leagues fill. League begins 3/25.
6 games scheduled. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up Location: Rolland Moore Park
Cost: $184 Date: 3/25–5/6

Coed Competitive 213061-01

Coed Recreational 213061-02

Summer Coed Kickball

Form your team and play a game invented on the playground. Now offering coed competitive and recreational leagues. Registration begins 5/2, ends 5/27 or when leagues fill. League begins 6/3.
8 games scheduled. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up Location: Rolland Moore Park
Cost: $254 Date: 6/3–8/5

Coed Competitive 313061-01

Coed Recreational 313061-02

Pickleball League

Mixed doubles pickleball teams of various skill levels play matches against teams with similar skills each week for the duration of the league. Registration begins 2/12, ends 3/20 or when leagues fill. Leagues begin the week of 3/29. Note: Ages 16–17 years need parent signature on roster prior to participation. League not discountable.

Age: 16 years & up Location: Senior Center
Cost: $72 Date: 3/29–5/24

Tuesday Coed 213991-01

Spring Softball

Dust off the rust off before the summer leagues begin. Registration begins 2/11, ends 3/4 or when leagues fill. Leagues begin the week of 3/21. 6 games scheduled. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League not discountable. 6 games scheduled.

Age: 16 years & up Location: Rolland Moore Park
Cost: $334 Date: 3/20–5/6

Men’s Softball

Sun IV 213021-01

Mon II 213021-02

Mon IV 213021-03

Tues III 213021-04

Tues IV 213021-05

Wed II 213021-06

Wed III 213021-07

Wed IV 213021-08

Thurs III 213021-09

Fri IV 213021-10

Women’s Softball

Thursday III 213022-01

Coed Softball

Sun Competitive 213023-01

Sun Recreational 213023-02

Tues Competitive 213023-03

Tues Recreational 213023-04

Wed Competitive 213023-05

Wed Recreational 213023-06

Thurs Recreational 213023-07

Summer Adult Softball

Games are played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Coed leagues play with men hitting 12" softballs and women hitting 11" softballs. Registration begins 3/28, ends 4/22 or when leagues fill. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. Leagues not discountable. Class will not be held on 5/27, 5/29, 5/30, 6/29, 6/30, 7/1, 7/3, 7/4.

Age: 16 years & up Location: TBA
Cost: $569 Date: 5/8–8/12

Men’s Softball

Sun III 313021-01

Sun IV 313021-02

Mon III 313021-03

Mon IV 313021-04

Tues II 313021-05

Tues III 313021-06

Tues IV 313021-07

Wed II 313021-08

Wed III 313021-09

Wed IV 313021-10

Thurs III 313021-11

Thurs IV 313021-12

Fri IV 313021-13

Friday Wood Bat 313021-14

Friday 40 years & Up 313021-15

Women’s Softball

Tues IV 313022-01

Wed IV 313022-02

Thurs III 313022-03

Thurs IV 313022-04

Thurs Leisure 313022-05

Coed Softball

Sun Competitive 313023-01

Sun Recreational 313023-02

Tues Competitive 313023-03

Tues Recreational 313023-04

Wed Competitive 313023-05

Wed Recreational 313023-06

Thurs Competitive 313023-07

Thurs Recreational 313023-08

Fri Recreational 313023-09

Men’s Fast Pitch Softball

Thurs 313024-01

Showdown Softball Tournament

Games played at Rolland Moore Park and other community parks if needed. Play begins at 9 a.m. and continues until 10 p.m. (depending on number of entries). Registration begins 5/2, ends 5/27, or when divisions fill. 2 games guaranteed. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior
to participation. Tournament fee not discountable.

Age: 16 years & up Location: TBA
Cost: $254 Date: 6/4

Men’s II 313025-01

Men’s III 313025-02

Men’s IV 313025-03

Coed Competitive 313025-04

Coed Recreational 313025-05

Spring Adult Women Volleyball

Coed and women’s leagues are offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Levels A = Competitive, BB = Intermediate, B = Recreational. Registration begins 2/11, ends 3/11 or when leagues fill. Leagues begin the week of 3/28. 8 games scheduled. Note: Rosters are
unlimited. Ages 16–17 years need parent signature on roster prior
to participation. League is not discountable.

Age: 16 years & up Location: TBD
Cost: $274 Dates: 3/27–5/18

Women’s Volleyball

Sun B 213942-01

Wed A 213942-02

Wed BB 213942-03

Coed Volleyball

Mon BB 213943-01

Mon B 213943-02

Tues A 213943-03

Tues BB 213943-04

Fri B 213943-05

Outdoor Volleyball

Self-officiated outdoor grass league with 3 matches per night. The season is approximately 7 weeks long. Individual awards are given to league winners. Matches are played at Spring Canyon Park. Registration begins 5/2, ends 5/27 or when leagues fill. Note: Rosters are unlimited. Ages 16–17 years need parent signature on roster prior to participation. League is not discountable. Class will not be held on 7/4.

Age: 16 years & up Location: Spring Canyon Park
Cost: $44 Dates: 6/14–8/12

Men’s

Thurs BB Doubles 313041-01

Women’s

Tues BB Doubles 313042-01

Tues B Doubles 313042-02

Coed

Monday A Doubles 313043-01

Monday BB Doubles 313043-02

Wednesday A Fours 313043-03

Wednesday BB Fours 313043-04

Thursday B Fours 313043-05

Adult Sports

Pickle Ball Beginner Lessons

For those brand new to pickleball or beginners needing some enhanced skill instruction. Class consists of some classroom time
to learn the rules, scoring, and the basics. Rotational court time
to begin to play.

Age: 18 years & up
Location: Senior Center

3/15–4/12 Tu 9:45–11:00 AM $20 209478-01

4/19–5/17 Tu 9:45–11:00 AM $24 209478-02

Shotokan Karate Beginners

Introduction to Shotokan Karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Class prepares students for yellow belt level.

Age: 7 years & up
Location: Club Tico

3/14–4/13 M,W 6:00–7:00 PM $55 222122-01

4/18–5/16 M,W 6:00–7:00 PM $50 222122-02

Shotokan Karate White thru Purple

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline, and concentration. Text is supplemented via a fitness manual document. Note: No beginning karate students.

Age: 7 years & up
Location: Club Tico

3/14–4/13 M,W 6:00–7:00 PM $55 222123-01

4/18–5/16 M,W 6:00–7:00 PM $50 222123-02

Shotokan Karate Brown thru Black Belt

Age: 7 years & up
Location: Club Tico

3/14–4/13 M,W 7:00–8:00 PM $55 222124-01

4/18–5/16 M,W 7:00–8:00 PM $50 222124-02

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Spring hours are M–F. Noon–6 p.m. and Sa, 10 a.m.–4 p.m.

Registration

For full program information, court availability, and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Adult Tennis

Session Dates for All Classes

2/29–3/26 Session 1
3/28–4/23 Session 2
4/25–5/21 Session 3

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus, learn and develop your fundamentals so you can really enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies as you start competition.

Age: 18 years & up

M, W 6:00–7:30 PM

Intermediate Lessons

Learn the “Modern Game” of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand, and serves, as well as learn doubles and singles strategies that win.

Age: 18 years & up

Tu, Th 6:00–7:30 PM

League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching improves your team’s strategy, technique, and mental toughness to enable you to compete at your best. A variety of coaching programs available.

Premier Clinics

Designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine

Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible; just let us know when you’re available. Rent our ball machines to work on that pesky backhand.

Youth Tennis

Summer Junior Team Tennis

Matches are held on Mondays from 6/13–7/25. Competition includes teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is 5/16.

New! 8 & Under Tennis Courts at Rolland Moore Park

Experience the new courts designed for young players ages 8 years
& under.

10 Years & Under

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Lobber

Age: 4–6 years

Sa 10:00–10:45 AM

Future Star

Age: 7–8 years

M,W 4:30–6:00 PM

Sa 11:00 AM–12:30 PM

Aces

Age: 9–10 years

M,W 4:30–6:00 PM

Sa 11:00 AM–12:30 PM

Middle School

Middle school players that are just starting the game through seasoned players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger (new player)

Age: 11–13 years

Tu,Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Competitive (Int/Adv)

Age: 11–13 years

Tu,Th 4:00–6:00 PM

Sa 1:00–3:00 PM

High School

Develop your tennis game, whether your goal is to play on your high school team or learn the best game to enjoy with your friends.

Wimbledon (new player)

Age: 14–18 years

Tu,Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Grand Slam (Int/Adv)

Age: 14–18 years

Tu,Th 4:00–6:00 PM

Sa 1:00–3:00 PM

Performance Training

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and additional information.

Homeschool Classes

Tennis classes held at flexible times during the day. Contact Lewis Tennis to arrange a homeschool class for your children.

After-School Enrichment

Tennis classes held after school in the gymnasiums of local elementary schools. Check with your school for details.

Junior Spring Tournaments

Contact 970.493.7000 to enter.

3/5 Junior March Madness Challenger
4/2 Junior Spring Fling Challenger
4/23 Junior Summer Super Set Challenger, Series #1
4/30 Junior Summer Super Set Challenger, Series #2
5/21 Extravaganza

Youth Sports Leagues

Freeze Basketball Tryouts

Introduction to competitive basketball. Teams are registered in the City Summer Basketball League in the Competitive Division and two Power to Play Tournaments. Tryouts are held to form teams based on skill level. Fee includes 1–2 indoor practices/week, coaches, league, and tournament costs and uniforms. Note: Boys and girls divisions are for 4/5th, 6th, 7th, and 8th. Boys’ tryouts are 4/14; girls’ tryouts are 4/15. Practices begin 4/16.

Location: Northside Aztlan Center Cost: $225
Dates: 4/9–7/24

Boys Division

Grade 4/5 314000-01

Grade 6 314000-03

Grade 7 314000-05

Grade 8 314000-13

Girls Division

Grade 4/5 314000-02

Grade 6 314000-04

Grade 7 314000-06

Grade 8 314000-14

Summer Boys and Girls Basketball

Teams formed by park practice location. 1–2 practices outside,
6 games on indoor courts, and end of season tournament. Games scheduled in the evenings on various week nights. Based on the 2015/2016 current school year grade. Note: NBA replica jerseys provided. Interested in coaching? Call 970.416.2225. Class will
not be held on 7/4.

Cost: $63
Dates: 6/6–7/23

Coed Grade K/1
Northside Aztlan Center 314700-01

Boys Grade 2/3

City Park 314001-01

Fossil Creek Park 314001-10

Lee Martinez Park 314001-15

Rogers Park 314001-02

Rolland Moore Park 314001-20

Spring Canyon Park 314001-05

Stewart Case Park 314001-31

Troutman Park 314001-25

Boys Grade 4/5

City Park 314002-01

Fossil Creek Park 314002-11

Lee Martinez Park 314002-15

Rolland Moore Park 314002-20

Spring Canyon Park 314002-06

Troutman Park 314002-25

Warren Park 314002-30

Boys Grade 6/7/8

City Park 314003-01

Fossil Creek Park 314003-11

Landings Park 314003-25

Lee Martinez Park 314003-15

Rolland Moore Park 314003-20

Spring Canyon Park 314003-06

Warren Park 314003-26

Boys
Grade 9/10/11/12 314007-01

Girls Grade 2/3

City Park 314004-01

Fossil Creek Park 314004-10

Lee Martinez Park 314004-15

Rogers Park 314004-02

Rolland Moore Park 314004-20

Spring Canyon Park 314004-05

Stewart Case Park 314004-31

Troutman Park 314004-25

Girls Grade 4/5

City Park 314005-01

Fossil Creek Park 314005-10

Lee Martinez Park 314005-15

Rolland Moore Park 314005-20

Spring Canyon Park 314005-05

Troutman Park 314005-25

Warren Park 314005-30

Girls Grade 6/7/8

City Park 314006-01

Fossil Creek Park 314006-10

Landings Park 314006-25

Lee Martinez Park 314006-15

Rolland Moore Park 314006-20

Spring Canyon Park 314006-05

Girls
Grade 9/10/11/12 314008-01

Basketball Team League

For pre-formed teams. 6 games and a single elimination tournament. Teams must provide an adult coach to be on the bench during the games and same colored jerseys with identifiable numbers on the back. Based on the 2015/2016 school year grade. Tuesday or Thursday night games. Note: Single elimination tournament is the week of 7/11.

Location: Northside Aztlan Center Cost: $469
Date: 6/7–7/16

Boys League

Grade 4/5 314909-01

Grade 6 314909-02

Grade 7 314909-03

Grade 8 314909-04

Grade 9–12 314909-05

Girls League

Grade 4/5 314909-06

Grade 6 314909-07

Grade 7 314909-08

Grade 8 314909-09

Grade 9–12 314909-10

Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings. Note: Begins week of 3/21. Coach will call you with the practice days and times.

Cost: $63 (plus $15 jersey if needed)
Date: 3/21–5/7

Grades K–1

Blevins 214012-32

City Park 214012-01

Edora 214012-03

Fossil Creek 214012-11

Greenbriar 214012-14

Harmony 214012-17

Spring Canyon 214012-21

Troutman 214012-25

Warren 214012-29

Grade 2-3

Beattie 214013-01

Blevins 214013-03

City Park 214013-31

Edora Park 214013-07

Fossil Creek 214013-29

Greenbriar 214013-11

Harmony 214013-13

Rolland Moore 214013-19

Spring Canyon 214013-21

Troutman 214013-23

Warren 214013-25

Grade 4–5

City Park 214014-03

Edora Park 214014-05

Blevins Park 214014-07

Fossil Creek Park 214014-21

Greenbriar Park 214014-08

Harmony Park 214014-11

Rolland Moore Park 214014-13

Spring Canyon Park 214014-17

Troutman Park 214014-23

Warren Park 214014-25

Grade 6–8

Blevins 214015-01

Boltz 214015-03

CLP 214015-05

Kinard 214015-07

Lesher 214015-09

Lincoln 214015-11

Preston 214015-13

Webber 214015-15

Wellington 214014-17

Heritage Christian 214015-18

Grade 9–12

Fort Collins 214016-01

Fossil Ridge 214016-05

Poudre 214016-09

Rocky Mountain 214016-15

Spring 6th Grade Girls Softball

Week night practices with Saturday morning games. Note: Practice days/times are determined by coach and do vary. Coaches call prior to the program with practice days/ times. Registration begins 2/11. Jersey with participants’ school colors included.

Cost: $60
Date: 4/2–5/14

Grade 6

Blevins 214023-01

Boltz 214023-02

CLP 214023-03

Kinard 214023-04

Lesher 214023-05

Lincoln 214023-06

Preston 214023-07

Webber 214023-08

Wellington 214023-09

Summer Girls Softball

Learn and improve your slow pitch softball skills and enjoy team competition. 1/2 practices per week (days and times to be announced). Based on 2015/2016 current school year grade. Games played Tuesdays and/or Thursdays. Team visors provided. Note: 6 games played Tuesdays or Thursdays. Green and gold reversible jersey required for all grades ($15, can be purchased at EPIC or at the NACC).

Grade 1–3

City Park 314021-16

Fossil Creek 314021-17

Beattie 314021-18

Spring Canyon 314021-20

Rolland Moore 314021-21

Grade 4–5

City Park 314022-16

Fossil Creek 314022-17

Spring Canyon 314022-19

Rolland Moore 314022-20

Grade 6–8

Blevins 314023-20

Boltz 314023-21

CLP 314023-22

Kinard 314023-23

Lesher 314023-24

Lincoln 314023-25

Preston 314023-26

Webber 314023-27

Wellington 314023-28

C.A.R.A. Track

The basic techniques of track are taught. Participants eligible to compete in the Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Note: Meet schedules given at first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School

Age: 3.5–8 years

6/6–7/22 M,W,F 9:00–10:15 AM $81 314031-03

Age: 9–16 years

6/6–7/22 M,W,F 10:30–11:45 AM $81 314031-04

Ultimate Frisbee 4th–5th

Learn the basic fundamentals of ultimate. The main emphasis is equal participation, winning is secondary. Practices are held twice per week with games on Sunday afternoons. Note: League begins week of 3/1. 6 games scheduled. Coach will call with the practice days and times.

Location: Spring Canyon Park Cost: $63 (plus $15 jersey if needed)
Dates: 3/1–5/15

Grade 4–5 214061-01
Grade 6–1 214062-01

Youth Sports

Archery

A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Indoor class. Learn basic techniques and how to be safe. Note: Equipment provided. Check in by 4:15 p.m.

Age: 8–16 years
Location: Rocky Mtn. Archery,
4518 Innovation Dr., Fort Collins; 970.226.5900

3/10–3/17 Th 4:30–5:30 PM $30 215941-01

4/7–4/14 Th 4:30–5:30 PM $30 215941-02

5/5–5/12 Th 4:30–5:30 PM $30 215941-03

TCDC Wildcat Cheerleading

Learn the basics of dance, cheer motions, jumps, stunts, and tumbling skills in a safe and high energy atmosphere. A local performance is included in each session. Note: $50 uniform or $12 t-shirt required. Staff will contact participants about uniforms.

Age: 5–14 years
Location: TBA

4/5–5/10 Tu 5:30–6:45 PM $64 214737-01

5/17–6/21 Tu 5:30–6:45 PM $64 314737-01

7/12–8/16 Tu 5:30–6:45 PM $64 314737-02

SNAG Golf

SNAG (Starting New At Golf) introduces the fundamentals of golf in a fun, friendly, and non-competitive atmosphere at a non-golf course area.

Age: 5–10 years
Location: City Park

6/7–6/23 Tu,Th 10:00–11:00 AM $34 314091-01

7/6–7/25 M,W 10:00–11:00 AM $34 314091-02

Parent/Child SNAG Scramble

Parents and their children play a 9-hole scramble. No experience required. All equipment provided. Note: Scramble begin with a “shotgun” start. Based on the 2016/2017 school grade.

Location: City Park

Grade 1–2

6/22 W 5:30–7:00 PM $10 314093-01

Grade 3–5

6/22 W 6:30–8:00 PM $10 314093-02

Grade 6–8

6/22 W 7:00–8:00 PM $10 314093-03

Challenger British Soccer Camp

High-level soccer coaching provided from a team of international experts. Receive the appropriate level of curriculum and a cultural/educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a daily tournament. Note: Includes t-shirt, ball, and graduation party. Receive a free $40 jersey by registering by 5/8. Register at challengersports.com.

Location: City Park

First Kicks
Age: 3 years

6/6–6/10 M–F 11:00 AM–Noon $104

8/1–8/5 M–F 11:00 AM–Noon $104

Mini Soccer
Age: 4–5 years

6/6–6/10 M–F 9:00–10:30 AM $125

8/1–8/5 M–F 9:00–10:30 AM $125

Half Day
Age: 6–14 years

6/6–6/10 M–F 9:00 AM–Noon $164

8/1–8/5 M–F 9:00 AM–Noon $164

Golden Goal
Age: 6–14 years

6/6–6/10 M–F 1:00–3:00 PM $61

8/1–8/5 M–F 1:00–3:00 PM $61

Skyhawks Sports Camps

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit skyhawks.com/Colorado.

Mini-Hawk

A multi-sport program designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4–6 years

Location: City Park

6/6–6/10 M–F 9:00 AM–Noon $122 314071-03

8/1–8/5 M–F 9:00 AM–Noon $122 314071-16

Location: Miramont Park

6/27–7/1 M–Th 9:00 AM–Noon $122 314071-07

7/18–7/22 M–F 9:00 AM–Noon $122 314071-12

Multi-Sport

This multi-sport camp combines basketball and flag football into one fun-filled week. Athletes learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6–12 years

Location: Radiant Park

6/13–6/17 M–F 9:00 AM–Noon $122 314071-04

Location: Miramont Park

8/1–8/5 M–F 9:00 AM–Noon $122 314071-15

Baseball

Designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6–12 years
Location: Cottonwood Glen Park

7/11–7/15 M–F 9:00 AM–Noon $122 314071-11

Basketball

A camp for beginner and intermediate players that focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A skill of the day progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6–10 years

6/20–6/24 M–F 9:00 AM–Noon $122 314071-06

Age: 7–12 years

7/25–7/29 M–F 9:00 AM–Noon $122 314071-14

Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. There is no stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5–9 years
Location: Northside Aztlan Center

6/13–6/17 M–F 9:00 AM–Noon $122 314071-01

Flag Football

Beginner and intermediate athletes learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Age: 6–12 years

6/6–6/10 M–F 9:00 AM–Noon $122 314071-02

Beginning Golf

Entry-level players gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment provided.

Age: 5–8 years
Location: Cottonwood Glen Park

7/11–7/15 M–F 9:00 AM–Noon $122 314071-10

Lacrosse

Suit up and learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Also learn respect, teamwork, and discipline and gain a deep understanding of the game and its traditions.

Age: 6–12 years
Location: Cottonwood Glen Park

7/18–7/22 M–F 9:00 AM–Noon $122 314071-09

Soccer

Designed for beginner and intermediate players, our progressive curriculum teaches the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6–12 years
Location: Miramont Park

6/20–6/24 M–F 9:00 AM–Noon $122 314071-05

Indoor Volleyball

Co-ed program designed for the beginning and intermediate player. Learn aspects of the game through drills and exercises that focus on passing, setting, hitting, and serving. Athletes develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Age: 7–14 years
Location: Foothills Activity Center

7/5–7/8 Tu–F 9:00 AM–Noon $99 314071-08

YOSA – School of Sport

All classes are hosted at the Qdoba Event Center. Class will not be held on 1/19.

Badminton

Focusing on health-related fitness approach YOSA instructors teach kids how to play, have fun, and acquire expert-like skills on the world’s fastest racquet sport. For the occasion of Rio 2016, study current techniques implemented for sports for development, peace, and youth Olympism.

Grade: 5–8

4/12–5/20 Tu,F 4:00–5:00 PM $69 214971-35

Fencing

Learn fundamental skills, rules, and long-term athletes’ development of this fast, fun, and intense sport. Practice footwork, body position, blade control, and offense and defense techniques. Instruction is simple, dynamic, and lively. wear athletic shoes, t-shirt, and long loose pants. Fencing equipment provided.

Beginning Age: 10–12 years

4/13–5/18 W 6:00–7:30 PM $69 214971-27

Intermediate Age: 14–18 years

4/13–5/18 W 6:00–7:30 PM $69 214971-29

Futsal

Originated in Brazil, Futsal skills development directly relate and transfer to soccer. Players practice and improve ball control, dribbling, shooting speed, and accuracy, as well as passing, goalie skills, and special Futsal moves. Practice is in climate controlled gyms.

Grade 3–5

4/12–5/20 Tu,F 5:00–6:00 PM $69 214971-01

Grade 6–8

4/12–5/20 Tu,F 4:00–5:00 PM $69 214971-03

Indoor Track

Learn jumping, running, and throwing with suppleness and style while embracing excellence, respect, and friendship. Includes cross-training, youth relays, and multi-sport talent development.

Grade 5–9

4/13–5/18 W 6:30–7:30 PM $39 214971-07

Table Tennis

Designed for beginner to advanced. Committed and serious athletes prepare to play and perform at the next level. Opportunity to play competitively in tournaments in Colorado.

Grade 3–5

4/12–5/20 Tu,F 5:00–6:00 PM $69 214971-36

Grade 6–8

4/12–5/20 Tu,F 5:00–6:00 PM $69 214971-37

Volley Lights 1, Beginning

Learn proper volleyball skills utilizing Dr. Da Matta’s
volleyball method.

Age: 9–11 years

4/11–5/19 M,Th 4:30–6:00 PM $69 214971-13

Volley Lights 2, Intermediate

Prerequisite: Volley Lights 1. Learn universal positions and skills such as serving, passing, setting, and attacking while implementing Dr. Da Matta’s Awesome Volleyball© method.

Age: 9–11 years

4/11–5/19 M,Th 4:00–5:00 PM $69 214971-09

Volley Lights 3, Advanced

Designed for those who have learned how to play volleyball
through school or who have played for at least two months. Learn proper and more advanced skills, or refine your ability to play
at the recreational level.

Age: 10–14 years

4/12–5/19 Tu,Th 4:00–5:30 PM $69 214971-11

Youth Sports Camp

Two distinct youth sports programs will be implemented at Spring Break as a comprehensive and multi-sport activity. Each day is enriched with team activities, individual and teams sports, popular games such as capture the flag, relays, and obstacle course and/or mini-sports tournaments.

Age: 5–8 years

4/4–4/7 M–Th 8:00 AM–4:00 PM $150 214971-38

Age: 9–12 years

4/4–4/7 M–Th 8:00 AM–4:00 PM $150 214971-39

Youngsters

Amazing Athletes

Designed to enhance your learning experience through movement. Learn the basic fundamentals and mechanics of 9 different ball sports while building self-confidence, practicing teamwork, and improving technique.

Location: Foothills Activity Center

Age: 18 months–2.5 years

3/21–4/18 M 11:00–11:30 AM $45 214779-05

3/24–4/21 Th 11:00–11:30 AM $45 214779-06

4/25–5/23 M 11:00–11:30 AM $45 214779-07

4/28–5/26 Th 11:00–11:30 AM $45 214779-08

Age: 2.5–3 years

3/21–4/18 M 9:00–9:30 AM $45 214774-05

3/24–4/21 Th 9:00–9:30 AM $45 214774-06

4/25–5/23 M 9:00–9:30 AM $45 214774-07

4/28–5/26 Th 9:00–9:30 AM $45 214774-08

Age: 3.5–5 years

3/21–4/18 M 9:45–10:30 AM $45 214775-03

3/24–4/21 Th 9:45–10:30 AM $45 214775-06

4/25–5/23 M 9:45–10:30 AM $45 214775-07

4/28–5/26 Th 9:45–10:30 AM $45 214775-08

Mighty Kicks

Introduction to soccer. Each innovative session is designed to build up motor skills, life skills, self-confidence, and basic soccer skills. Age-appropriate curriculum enhances the soccer experience while leaving a lasting positive impression.

Cost: $90

Age: 3 years
Location: City Park

3/28–5/16 M 9:00–9:45 AM 214972-01

3/28–5/16 M 4:30–5:15 PM 214972-02

Location: Harmony Park

3/29–5/17 Tu 9:00–9:45 AM 214972-05

3/29–5/17 Tu 5:45–6:30 PM 214972-06

3/30–5/18 W 5:45–6:30 PM 214972-08

Location: Troutman Park

3/31–5/19 Th 9:00–9:45 AM 214972-09

3/31–5/19 Th 4:30–5:15 PM 214972-10

4/1–5/20 F 9:00–9:45 AM 214972-13

Age: 4–5 years
Location: City Park

3/28–5/16 M 10:00–10:45 AM 214972-03

3/28–5/16 M 5:30–6:15 PM 214972-04

Location: Harmony Park

3/29–5/17 Tu 10:00–10:45 AM 214972-07

Location: Spring Canyon Park

4/1–5/20 F 10:00–10:45 AM 214972-14

Location: Troutman Park

3/31–5/19 Th 10:00–10:45 AM 214972-11

3/31–5/19 Th 5:30–6:15 PM 214972-12

Sporties for Shorties

Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork.

Age: 3–5 years

Location: Northside Aztlan Center

2/24–3/9 W 10:00–10:45 AM $28 214776-04

3/22–4/5 Tu 10:00–10:45 AM $28 214776-05

4/13–4/27 W 10:00–10:45 AM $28 214776-06

Basketball for Shorties

Learn the basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing.

Age: 4–6 years

Location: Northside Aztlan Center

2/23–4/5 Tu 10:00–10:45 AM $28 214777-02

Football for Shorties

Learn the basics of football and work on large and small motor skills as they relate to throwing, kicking, and catching.

Age: 4–5 years

Location: Northside Aztlan Center

3/23–4/13 W 10:00–10:45 AM $28 214778-02

SNAG Golf for Shorties

Explore SNAG (Starting New At Golf) by working on the fundamentals golf. Note: All equipment provided.

Age: 4–5 years

Location: City Park

5/17–5/31 Tu 10:00–10:45 AM $28 314092-01

5/18–6/1 W 10:00–10:45 AM $28 314092-02

50 Plus

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation 16

Aqua Fitness 21

Aquatics 23

Arts & Crafts 29

Bicycling 36

Bridge 50

Dance & Movement 38

Education 50

Fitness 59

Fitness 50+ 101

Gardens on Spring Creek 70

Heath & Wellness 73

Ice Skating 81

Outdoor Recreation 85

Pottery 33

Special Events 90

Sports 88

Trips & Travel 106

Senior Center Membership

Membership 50+ is $25 annually with scholarships available. Programs that offer a free or discounted fee are indicated throughout the Recreator with an M. Benefits include:

•
$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions

•
Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO and Cards & Games

•
2-day advance registration to Recreator programs

•
Member discounts on select services and activities

•
Membership in member-only clubs

•
Member celebrations

•
Free limited legal counseling

•
Notary service

•
Health and wellness services

New Member Orientations

Get a tour of the Senior Center and learn about the resources and opportunities available to you. Ask questions and begin a relationship with the people at the Senior Center.

First Friday 9:00–10:00 AM No Fee

Third Tuesday 5:30–6:30 PM No Fee

Cards and Games

BINGO – M

Senior Center members compete against each other in BINGO for prizes.

3/14 M 1:00–2:00 PM No Fee

4/11 M 1:00–2:00 PM No Fee

5/9 M 1:00–2:00 PM No Fee

Bridge Classes

For more information about Bridge classes, see page 50.

Cards & Games – M

Cards and board games played including canasta, mahjongg, scrabble and cribbage.

Age: 18 years & up

Ongoing M 9:00 AM–Noon No Fee

Ongoing W 1:00–4:00 PM No Fee

Clubs and Organizations

C.H.A.T. (Crafts Hobbies Arts Time) – M

For more information about C.H.A.T., see page 30.

Donut Make U Wonder – M

The group engages in local, national, and global topical discussions with donuts and coffee.

Ongoing F 10:00–11:30 AM No Fee

Front Range Forum – M

Front Range Forum serves the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs – FRF Travels and FRF Goes to the Movies. Membership is $20 per year. For more information, including our newsletter, visit frontrangeforum.org.

Harmonettes – M

The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Location: Senior Center

Practice M 9:30–11:00 AM (Except 3rd Monday)

Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is for persons that are OGLBT and ages 50 years & up. Meetings are monthly for breakfast or dinner; locations and times change monthly. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. Contact Karen Burgess at 970.484.2906 for information about Tuesday leagues. Contact Jan Daggett at 970.229.9886 for information about Thursday leagues. Both leagues meet at 1 p.m.

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related
to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the 2nd Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Council – M

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the 3rd Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players) – M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1:30 p.m. on the 4th Tuesday of each month. Contact Ashley Ruffer at 970.224.6033.

The Play’s the Thing – M

We sit in a circle with our playbooks and start with a scene. Starting with a person at a random spot in the circle, the parts for each character in the scene are assigned. You could be reading a part for a man, woman, boy, girl, pet or ghost! At the next scene, the parts are assigned to the next set of people in the circle, ‘round and ‘round. We start with Shakespeare and see which other playwrights are appealing. Meetings are the 2nd and 4th Tuesday of the Month from 6:30–8:30 p.m. Contact fcsc.plaything@gmail.com for more information.

The Writers Group – M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You are asked to sign in at the meetings; new participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information.

Ongoing Tu 10:00 AM–Noon No fee

Education

Fraud Prevention

Hear from Fort Collins Police Services to learn about preventing fraud and identity theft. These crimes seek out thousands of seniors each year; don’t become a victim.

Age: 18 years & up

Location: Senior Center

3/8 Tu 6:00–7:30 PM No Fee 207478-01

Senior Go Bags

Accidents happen; that’s why it’s important to plan ahead. Learn how to create your own “Senior Go Bag” should you need to be transported to the hospital. Learn what to bring, what not to bring, and how to make this scary event a little less scary. Presented by the American Red Cross.

Age: 18 years & up
Location: Senior Center

4/12 Tu 6:00–7:30 PM No Fee 207479-01

Fire Safe Seniors

Join the Poudre Fire Authority to learn about new technology and techniques designed to keep seniors fire safe. Also learn about some reliable standbys such as smoke alarms and extinguishers.

Age: 18 years & up
Location: Senior Center

5/10 Tu 6:00–7:30 PM No Fee 207480-01

Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor’s clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

1)
Participants may register for an entire class session. With this option, active facility pass holders receive 70% off enrollment price.

2)
Participants may pay a drop-in rate of $6 per class, except for Karate.

The fitness classes listed below are specific for ages 50 years & up. See page 59 for information about additional fitness classes, as well as information about personal training services.

Land Fitness

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do! Fun and a little silly—we laugh a lot. Usually practiced in a chair.

3/15–4/12 Tu 11:00–11:50 AM $15 209436-01

4/19–5/10 Tu 11:00–11:50 AM $12 209436-02

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. Note: Class will not be held on 5/30.

3/14–4/15 M,W,F 8:50–9:50 AM $45 209437-01

4/18–5/20 M,W,F 8:50–9:50 AM $45 209437-02

5/23–6/24 M,W,F 8:50–9:50 AM $42 209437-03

Body & Mind in Motion

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations. Note: Class will not be held on 5/30.

3/14–4/15 M,W,F 10:00–10:55 AM $45 209442-01

4/18–5/20 M,W,F 10:00–10:55 AM $45 209442-02

5/23–6/24 M,W,F 10:00–10:55 AM $42 209442-03

Dynamic Senior Fitness

A workout for active seniors focused on agility, balance, flexibility, and strength. Designed around low impact games and drills to enhance your ability to participate in a variety of sports.

3/18–4/15 F 2:00–2:45 PM $11.93 209441-01

4/22–5/20 F 2:00–2:45 PM $11.25 209441-02

5/27–6/24 F 2:00–2:45 PM $11.25 209441-03

MS Dryland Exercise

For people with multiple sclerosis or physical impairment, designed to maximize strength and endurance through chair based-exercises. The instructor is aware of symptom issues and monitors participants closely. Note: Class will not be held on 5/30.

3/14–4/13 M,W 11:00–11:55 AM $30 209438-01

4/18–5/18 M,W 11:00–11:55 AM $30 209438-02

5/23–6/22 M,W 11:00–11:55 AM $27 209438-03

3/14–4/11 M 11:00–11:55 AM $15 209438-1A

4/18–5/16 M 11:00–11:55 AM $15 209438-2A

5/23–6/20 M 11:00–11:55 AM $12 209438-3A

N’Balance

An effective fall prevention class that achieves results. Enjoy practice exercises and movements to strengthen your core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of FallProof!, a balance program created by Cal State University/Fullerton.

3/14–4/13 M,W 2:30–3:30 PM No Fee 209439-01

4/18–5/18 M,W 2:30–3:30 PM No Fee 209439-02

5/23–6/22 M,W 2:30–3:30 PM No Fee 209439-03

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness.

Location: Parklane Towers North

3/15–4/14 Tu,Th 9:30–10:30 AM $30 209440-01

4/19–5/19 Tu,Th 9:30–10:30 AM $30 209440-02

5/24–6/23 Tu,Th 9:30–10:30 AM $30 209440-03

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs provided.

3/17–4/14 Th 4:00–5:00 PM $15 209443-01

4/21–5/19 Th 4:00–5:00 PM $15 209443-02

5/26–6/23 Th 4:00–5:00 PM $15 209443-03

Yoga, Chair

Improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga’s healing and restorative benefits. Note: Bring your own yoga mat if possible. No drop-ins. Class will not be held on 5/31.

3/14–4/11 M 8:30–9:30 AM $15 209466-01

4/18–5/16 M 8:30–9:30 AM $15 209466-02

5/23–6/20 M 8:30–9:30 AM $12 209466-03

SilverSneakers

Do you want to learn more about SilverSneakers? Inquire at the front desk at the Senior Center. Note: Nonmembers may attend by paying the drop-in fee, or register for the month.

CLASSIC – Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. Class will not be held on 5/30.

3/15–4/14 Tu,Th 10:10–10:55 AM $22.50 209444-01

4/19–5/19 Tu,Th 10:10–10:55 AM $22.50 209444-02

5/24–6/21 Tu,Th 10:10–10:55 AM $22.50 209444-03

3/19–4/16 Sa 10:30–11:15 AM $11.25 209444-04

4/23–5/21 Sa 10:30–11:15 AM $11.25 209444-05

5/28–6/25 Sa 10:30–11:15 AM $11.25 209444-06

Location: Northside Aztlan Center

3/14–4/13 M,W 11:00–11:45 AM $22.50 209545-01

4/18–5/18 M,W 11:00–11:45 AM $22.50 209545-02

5/23–6/22 M,W 11:00–11:45 AM $20.25 209545-03

Circuit-Silver Sneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. Note: Class will not be held on 5/30.

3/14–4/15 M,W,F 1:00–1:45 PM $33.75 209446-01

4/18–5/20 M,W,F 1:00–1:45 PM $33.75 209446-02

5/23–6/24 M,W,F 1:15–2:00 PM $31.50 209446-03

Splash – Silver Sneakers

Practice shallow-water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

3/15–4/14 Tu,Th 12:15–1:00 PM $22.50 209447-01

4/19–5/19 Tu,Th 12:15–1:00 PM $22.50 209447-02

5/24–6/23 Tu,Th 12:15–1:00 PM $22.50 209447-03

3/15–4/14 Tu,Th 1:15–2:00 PM $22.50 209447-04

4/19–5/19 Tu,Th 1:15–2:00 PM $22.50 209447-05

5/24–6/23 Tu,Th 1:15–2:00 PM $22.50 209447-06

Yoga – Silver Sneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 5/30.

3/15–4/14 Tu,Th 11:10–11:55 AM $22.50 209467-01

4/19–5/19 Tu,Th 11:10–11:55 AM $22.50 209467-02

5/24–6/23 Tu,Th 11:10–11:55 AM $22.50 209467-03

3/14–4/13 M,W 4:10–4:55 PM $22.50 209467-04

4/18–5/18 M,W 4:10–4:55 PM $22.50 209467-05

5/23–6/22 M,W 4:10–4:55 PM $20.25 209467-06

3/19–4/16 Sa 11:15 AM–Noon $11.25 209467-07

5/28–6/25 Sa 11:15 AM–Noon $11.25 209467-08

5/28–6/25 Sa 11:15 AM–Noon $11.25 209467-09

Sports

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings. Note: Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Center

3/1–5/26 Tu,Th 8:00–10:00 AM 215519-01

AOA Basketball

Still got game? Suit-up and get on the court for some hoops. These Active Older Adults own the court on Monday, Wednesday, and Friday mornings. Note: Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

3/2–5/27 M,W,F 8:00–10:00 AM 215520-01

Senior Travel Softball

Travel to games in other cities as far as Colorado Springs and in Fort Collins. Registration begins 2/11, ends 3/18. 28 league games plus a season ending tournament equals 32 total.

Age: 50 & up
Location: TBA

4/27–8/17 W $75 313026-01

Resources

Legal Services – MO

Free 30-minute sessions every 1st Thursday of the month. Contact the Senior Center to schedule an appointment.

3/3 Th 1:00–5:00 PM No fee

4/7 Th 1:00–5:00 PM No fee

5/5 Th 1:00–5:00 PM No fee

Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing, or using one of the computers. Users must be members of the Senior Center. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room – M

The Pool Room has four 8-ball tables and 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in rate. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

VOA Senior Nutrition Program

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing M,Tu,Th,F Noon $2.50 suggested donation

Location: Northside Aztlan Center

Ongoing Tu,W,Th Noon $2.50 suggested donation

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer
term commitments in a variety of areas. For more information, visit fcgov.com/recreation/joinus or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Celebrations – M

Celebrate January, February and March birthdays and anniversaries of the Senior Center members with cake, gifts and entertainment.

3/24 Th 1:30–3:00 PM 212410-01 No Fee

Historical Café-Chicago

Chicago is among the largest cities in the U.S. famed for its bold architecture, museums, and as an international hub for finance, commerce, industry and transportation. Visit the roots and history of how Chicago came to be the city it is today with a special guest speaker. Note: Lunch served after the presentation. Please indicate special dietary needs when registering.

Age: 18 years & up

3/30 W 11:30 AM–1:30 PM $22

 $18.70 member

Historical Café-Enos Mills

Rocky Mountain National Park celebrated its centennial in 2015. Meet the driving force behind the creation of RMNP, Enos Mills (played by professional storyteller and award winning author, John Stansfield). Note: Lunch served after the presentation. Please indicate special dietary needs when registering.

Age: 18 years & up

5/18 W 11:30 AM–1:30 PM $22

 $18.70 member

Movies, New Release and Classics – M

Join us for new release and classic movies! Schedule of movie titles available at the registration desk.

3/4 F 1:00–3:00 PM No fee

3/18 F 1:00–3:00 PM No fee

4/1 F 1:00–3:00 PM No fee

4/15 F 1:00–3:00 PM No fee

5/6 F 1:00–3:00 PM No fee

5/20 F 1:00–3:00 PM No fee

Prairie Sage Dances

Dance to live music. Refreshments served.

Big Twang Theory
(St. Patrick’s Theme, corned beef and cabbage dinner)

3/7 M 7:00 – 10:00 PM $4

Pepie Carlberg, 4-Leaf Clover

3/21 M 7:00–10:00 PM $4

Harris and Harris

4/4 M 7:00–10:00 PM $4

Pepie,Carlberg, Raining Violets (wear purple)

4/18 M 7:00–10:00 PM $4

Jim Ehrlich, Chicago 20s Speakeasy (hot dog dinner)

5/2 M 7:00–10:00 PM $4

Ray Cox

5/16 M 7:00–10:00 PM $4

Senior Learning Network – History of Manned Space Flight

Take a trip back in time to the beginning of space exploration. Discover what really happened during the space race by exploring Space Center Houston’s Starship Gallery and look forward in time at NASA and the Constellation Program that will send humans back to the Moon and on to Mars. Note: Lunch served after the presentation. Please indicate special dietary needs when registering.

Age: 18 years & up
Location: Senior Center

3/8 Tu 1:00 – 3:00 PM $10

 $5 member

Special Events

See a list of Special Events available for all ages, including SOAP Spring Show and the Spring Artisan Market, on page 87.

Visual Arts and Craft Show

Call to artists and crafters ages 50 years & up. The Visual Arts and Craft Show will take place May 1–June 1, 2016. All mediums accepted. Awards given to the top three in each category.

Submissions may be delivered to The Fort Collins Senior Center on Thursday, April 21, 1–6 p.m. and Friday April 22, 9 a.m.–Noon. Complete an entry form (provided by the Senior Center) when you
drop off your work. No late work accepted.

The Visual Arts and Craft Show will be on display May 1– June 1,
M–F, 6 a.m.–9 p.m.; Sa, 8 a.m.–5 p.m.; Su, 10 a.m.–9 p.m.
The Artists’ Reception is Sunday, May 1, 4–6 p.m.

Trips & Travel

Senior Center trips are for ages 50 years & up unless
otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. Register online at webtrac.fcgov.com or call 970.221.6644.

Refunds/Cancellation

Ticketed event sales are considered final and non-refundable. No refunds are given unless we resell that ticket. Full refunds are available for overnight trips until the final payment deadline, after which all sales are final and non-refundable.

Discounts

The Senior Center Member discount applies to trips when listed. Additional discounts do not apply.

Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What’s Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting in order to ensure that we provide necessary seating, meals, tickets, etc.

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is $3 per person. Requests must be made at the time of registration or at least 3 days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Adventure

Costa Rica, Spring 2016

Discover the culture and landscape of Costa Rica. Explore active volcanoes, hike rainforests, tour coffee/banana plantations, boat a river alive with birds, caiman and howler monkeys, and walk hanging bridges above the clouds. Tour through San Jose, Arenal, Monteverde, Manuel Antonio, and more. Catch the trip previews on 1/12 at the Senior Center from 6:30–7:30 p.m. Note: 11 days/10 nights. Includes airfare and ground transportation, transfers (DIA included), lodging, most meals, all entrance and tour fees, fulltime naturalist, and guide. 4–9 miles of walking most days.

Double Occupancy, Per Person

4/11–4/21 $3,299 205996-01

Single Occupancy, Per Person

4/11–4/21 $3,999 205996-01

Legendary Danube, Fall 2016

Experience the splendor of Prague to the gypsy violins of Budapest. Spend three nights in Prague visiting Hradcany Castle, the Jewish Quarter, Wenceslaus Square, and more. Drive to Nuremberg to cruise Regensburg, Passau, Vienna, and Budapest, with guided sightseeing in each city. Catch the trip previews on 2/17 and 3/3 at the Senior Center from 6–7 p.m. Note: 11 days/10 nights. Includes airfare, transportation, lodging, river cruise, most meals, and tours. $600 deposit taken at time of registration.

Double Occupancy Category E Stateroom, Per Person

10/4–10/15 $5,349 405993-01

Double Occupancy Category D Stateroom, Per person

10/4–10/15 $5,555 405993-01

Ongoing Trips

Casino Trips

A day in the mountains at the Mardi Gras Blackhawk. Note: Casino trips leave from Rolland Moore Park. Fee includes casino package.

Location: Rolland Moore Park

3/22 Tu 8:00 AM–5:30 PM $8 205910-01

4/19 Tu 8:00 AM–5:30 PM $8 205910-02

5/24 Tu 8:00 AM–5:30 PM $8 205910-03

Outdoor Strolls – M

These short, easy level strolls in scenic areas are at your own pace and you determine the distance you want to walk. Perfect for photographers and artists. No guide, but driver accompanies. Appropriate footwear required. Note: Bring your own lunch, snacks, water, and appropriate clothing (ex: rain gear, warm hat, jacket, etc.). See page 85 for information about additional Hiking and Outdoor Adventures.

Barr Lake State Park

4/21 Th 9:00 AM–3:00 PM $20 211902-01

 $17 member

Poudre River Trail

5/18 W 9:00 AM–3:00 PM $20 211902-02

 $17 member

Lake Estes

5/25 W 9:00 AM–3:00 PM $29 211902-03

 $17 member

Rockies Baseball – M

Enjoy the game from shaded seats in Denver’s Coors Field. Note: Fee includes ticket.

vs Pirates

4/28 Th 10:30 AM–6:00 PM $37 205902-01

 $31.45 member

vs Diamondbacks

5/11 W 10:30 AM–6:00 PM $37 205902-02

 $31.45 member

vs Giants

5/29 Su 11:30 AM–7:00 PM $37 205902-03

 $31.45 member

Out to Lunch

Join friends for a trip out to lunch. Note: Lunch cost is on your own.

Mike O’Shay’s, Longmont – M

Celebrate St. Patrick’s Day at Mike O’Shay’s, voted the Best Overall Restaurant in Longmont six years in a row. Featuring seafood, Irish fare, choice cut steaks, the best burgers in town, and award-winning desserts. Additionally, all of the sauces and soups are made fresh and in-house. Entrees range from $11–14.

3/15 Tu 10:30 AM–3:00 PM $20 205930-01

 $17 member

Chicago, Lakewood – M

Tying into the Senior Center’s “Experience Chicago,” we visit one of the best Chicago style restaurants in Colorado. Fannie May Candy, Salerno Butter Cookies, and Green River pop are all available at this family owned restaurant. Entrees range from $8–12.

4/15 F 10:30 AM–3:00 PM $20 205930-02

 $17 member

Chautauqua, Boulder – M

Chautauqua dining has been a Boulder tradition since 1898. Savor spectacular views from the enchanting wrap-around porch while enjoying classic American cooking. Three Leaf Farm provides fresh ingredients. Entrees range from $10–13.

5/26 Th 10:30 AM–3:00 PM $20 205930-03

 $17 member

Sunday Out to Lunch

We head to somewhere in the specified area for lunch to enjoy a day out of the house. We don’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. Note: Lunch is on your own.

Platteville

3/20 Su 11:00 AM–3:00 PM $10 205932-01

Evergreen

4/17 Su 11:00 AM–3:00 PM $10 205932-02

Centennial

5/22 Su 11:00 AM–3:00 PM $10 205932-03

Traveling Gourmet

Get fancy for dinner and try gourmet Colorado cuisine. Note: Dinner cost on your own.

Bistro, Evergreen – M

Enjoy the authentic Rocky Mountain Tea Room, built in 1923. Sample the Executive Chef’s private recipe collection, savor his handmade sauces, and break into a fresh loaf of his daily-baked breads. Entrees range from $20–50.

3/29 Tu 3:30 PM–9:30 PM $25 205940-01

 $21.15 member

White Fence Farm, Denver – M

A spring tradition, enjoy a chicken dinner served family style including a beverage, delicious sides, and your choice of a hot fudge or strawberry sundae. Dinner cost included.

4/7 Th 3:30 PM–9:30 PM $43 205940-02

 $36.55 member

The Other Side, Estes Park – M

Lakeside dining and spectacular views await you. The Other Side is proud to offer regionally sourced protein: all bison, lamb, and pork are raised by local farmers and the trout is always from the Rocky Mountains. Entrees range from $20–50.

5/19 Th 3:30 PM–9:30 PM $25 205940-03

 $21.25 member

March

Denver Botanic Gardens – M

Enjoy a day viewing and smelling exotic flowers found in the lowland rainforests of Central America and Southeast Asia, a guided tour of the conservatory, and time to explore the other living collections. Note: Fee includes guided tour. Lunch cost is on your own at Offshoots at the Gardens Cafe.

3/3 Th 8:00 AM–4:00 PM $35 205951-01

 $29.75 member

Money, Money, Money – M

The day is all about money as we start at the Denver Money Museum. See what $30 million really looks like and find out all the history you want to know. Lunch is at the Broker Restaurant where we will eat in the 100 year old safe deposit vault of the old National Bank. Lastly, we tour the Denver Mint. Note: Fee includes tours and lunch. You must have a valid photo ID (license or passport) for security.

3/8 Tu 8:00 AM–4:30 PM $45 205952-01

 $38.25 member

Riverdance – Buell Denver

The international Irish dance phenomenon is back by popular demand in Riverdance – The 20th Anniversary World Tour. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages. Note: Bring a lunch for the van ride.

3/13 Su 12:30 PM–5:30 PM $105 205920-01

Ragtime – Union Colony Greeley

At the dawn of the 20th century, everything is changing and anything is possible. The story of an upper-class wife, a determined Jewish immigrant, and a daring young Harlem musician unfolds in turn-of-the-century New York. These compelling characters are united by their desire and belief in a brighter tomorrow. Note: Fee includes middle seat ticket.

3/22 Tu 5:45 PM–10:00 PM $82 205921-01

Avalanche vs Flyers

Cheer on the Avalanche as they play the Philadelphia Flyers. See Philly superstars Mark Streit, Claude Giroux, Wayne Simmonds, and Michal Neuvirth take on Nathan Mackinnon, Jarome Iginla, Reto Berra, and the rest of our Avalanche team. Note: Fee includes Club level ticket.

3/24 Th 5:00 PM –11:00 PM $105 205901-01

Denver Powwow – M

The modern Pow Wow is a gathering, a social occasion, and a time for Indian peoples to come together to sing and dance. Enjoy the Grand Entry with a variety of styles of dances and singing, the Pow Wow princess, and other visiting royalty. Note: Fee includes entrance fee. Lunch is on your own.

3/25 F 8:30 AM–4:00 PM $30 205950-01

 $25.50 member

Newsies – Buell Denver

They delivered the papers, until they made the headlines. Direct from Broadway comes Newsies, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards for Best Score and Best Choreography, Newsies has audiences and critics alike calling it “A musical worth singing about!” Note: Fee includes great middle seats.

3/31 Th 6:00 PM–10:30 PM $105 205922-01

April

Geology Museum – M

Founded in 1869, Colorado School of Mines is one of the oldest institutions in the United States, and a world-renowned mining school. The Geology Museum is home to one of the state’s two Goodwill moon rocks collected during the Apollo 17 mission. View the display of beautiful and fascinating gemstones. Note: Fee includes museum ticket. Lunch cost is on your own at the Golden Diner.

4/5 Tu 8:30 AM–3:30 PM $25 205953-01

 $21.25 member

Spring Has Sprung – M

In 1960, the Paulino family started selling fresh vegetables they grew at 6300 N. Broadway. From these modest beginnings, Paulino Gardens has grown to be one of Colorado’s favorite and largest full service nursery and garden centers. Come enjoy the beautiful flowers of spring. Note: Lunch cost on your own in Denver.

4/8 Tu 9:15 AM–3:30 PM $30 205961-01

 $25.50 member

Peter and the Star Catcher

A wildly theatrical, hilarious retelling of how a miserable orphan came to be The Boy Who Never Grew Up. Peter And The Starcatcher upends the century-old legend of Peter Pan. Adventures abound as Molly Aster and three boys, pursued by pirates and a giant crocodile, attempt to return a trunk of precious starstuff to her father. Note: Fee includes dinner including non-alcoholic drink and gratuity, and the show. Dessert and alcohol are extra.

4/10 Su 11:00 AM–6:00 PM $72 205923-01

National Ice Core Laboratory – M

Tour the National Ice Core Lab, a working lab where national and international scientists come to study ice cores. The facility houses over 14000 meters of ice cores. Learn about current research, the role that ice cores play in understanding Earth’s climate history, and walk briefly through the freezer. Note: Fee includes tour. You must have a valid photo ID (license or passport) for security. Bring warm clothing. Lunch cost on your own at the French Press in Lakewood.

4/13 W 8:30 AM–3:30 PM $20 205955-01

 $17 member

DeVotchka – Boettcher Hall

Grammy-nominated, Denver bred music heroes, DeVotchKa, bring their lush brand of gypsy punk to the legendary demon barber of Fleet Street. Sweeney Todd takes up with his enterprising neighbor in a devilish plot to slice their way through London’s upper crust. Justice will be served with humor and bloody good thrills. Note: Fee includes pre-concert lecture and Mezzanine 5 seats or better. Bring a lunch
for the van ride.

4/14 Th 4:30 PM–10:30 PM $72 205924-01

 $61.20 member

Quilt Museum-No Girls Allowed – M

No Girls Allowed! is Rocky Mountain Quilt Museum’s 13th
biennial exhibit of jury selected quilts made by men. Visit this fascinating exhibit followed by lunch in Golden. Note: Fee includes museum ticket. Lunch cost on your own at the Windy Saddle in downtown Golden.

4/20 W 8:30 AM–3:30 PM $30 205956-01

 $25.50 member

Cuba – A Road Journey From Havana to Santiago

Long off-limits to Americans, Cuba is one of the most beautiful places in the Caribbean. On this cinematic road trip from Havana to Santiago de Cuba, travel in a classic 1950s Buick across this fascinating island-nation. Take a walking tour of Havana, visit beautiful beaches, and much more. Note: Fee includes great middle seats. This performance is at Union Colony Civic Center in Greeley.

4/24 Su 12:30 PM–5:00 PM $45 205925-01

Fitzsimons Building 500 – M

Building 500 is the historic army hospital where President Dwight D. Eisenhower recuperated after his heart attack while visiting his wife’s family in Denver. Visit his hospital room, wife Mamie’s bedroom, and the Secret Service room. Also be amazed by the display of medical instruments of the era. Note: Fee includes guide. Lunch cost is on your own at the Bent Fork in Aurora.

4/27 W 8:30 AM–3:30 PM $20 205957-01

 $17 member

May

Butterfly Pavilion – M

Home to over 5000 animals. Meet Rosie, the famous tarantula and explore a tropical rainforest where 1600 butterflies rule the sky. End your journey in the gardens and nature trail. Note: Fee includes tour. Lunch cost is on your own at Tiller’s Kitchen in Westminster.

5/3 Tu 9:15 AM–3:30 PM $30 205958-01

 $25.50 member

Denver Performing Arts Tour – M

Explore backstage at the Denver Performing Arts Complex. This 12-acre site is home to the Denver Center for the Performing Arts, Colorado Ballet, Colorado Symphony, and Opera Colorado. See what it is like to be in the dressing rooms, costume and design studios, and on stage. Note: Fee includes tour. Lunch cost is on your own around the complex.

5/5 Th 8:30 AM–3:30 PM $45 205962-01

 $38.25 member

Centennial Airport – M

Explore the airport facilities and services, as well as experience the daily operations of the airport, its tenants, and partners. Lunch follows at the Perfect Landing restaurant with its beautiful views of from Pikes Peak to Longs Peak. Note: Fee includes tours. Lunch cost is on your own.

5/10 Tu 8:30 AM–4:00 PM $20 205959-01

 $17 member

Tea and Washing – M

The Lee Maxwell Washing Machine Museum is comprised of over 1000 washing machines and is the world’s only comprehensive collection dating from the early 1800s. Displayed are hand-operated and animal-powered washing machines, machines with gasoline engines, a rocking chair powered machine, and even dancing machines. Note: Includes guided tour outdoors and a 4-course lunch and tea at Victorian Tiny Tea house. Located in Eaton, CO.

5/12 Th 9:30 AM–3:30 PM $35 205963-01

 $29.75 member

Mudslingers Pottery Studio – M

Founder and principal potter, John Hansen, is celebrating his 40th anniversary of working in clay. Join for a pottery demonstration, as well as time for shopping and taking in the city’s culture. Note: Fee includes demonstration. Lunch cost is on your own at the Blue Parrot in Louisville.

5/20 F 9:00 AM–3:30 PM $25 205954-01

 $21.25 member

Celtic Woman

Celtic Woman returns to celebrate Ireland and its Celtic heritage through traditional Irish anthems and pop standards. A magnificent performance including the Aontas Choir, championship Irish dancers, bagpipers, drummers, and the unforgettable, angelic voices. Note: Fee includes great middle seats. Performance is at Union Colony Civic Center in Greeley.

5/27 F 6:00 PM–10:00 PM $85 205926-01